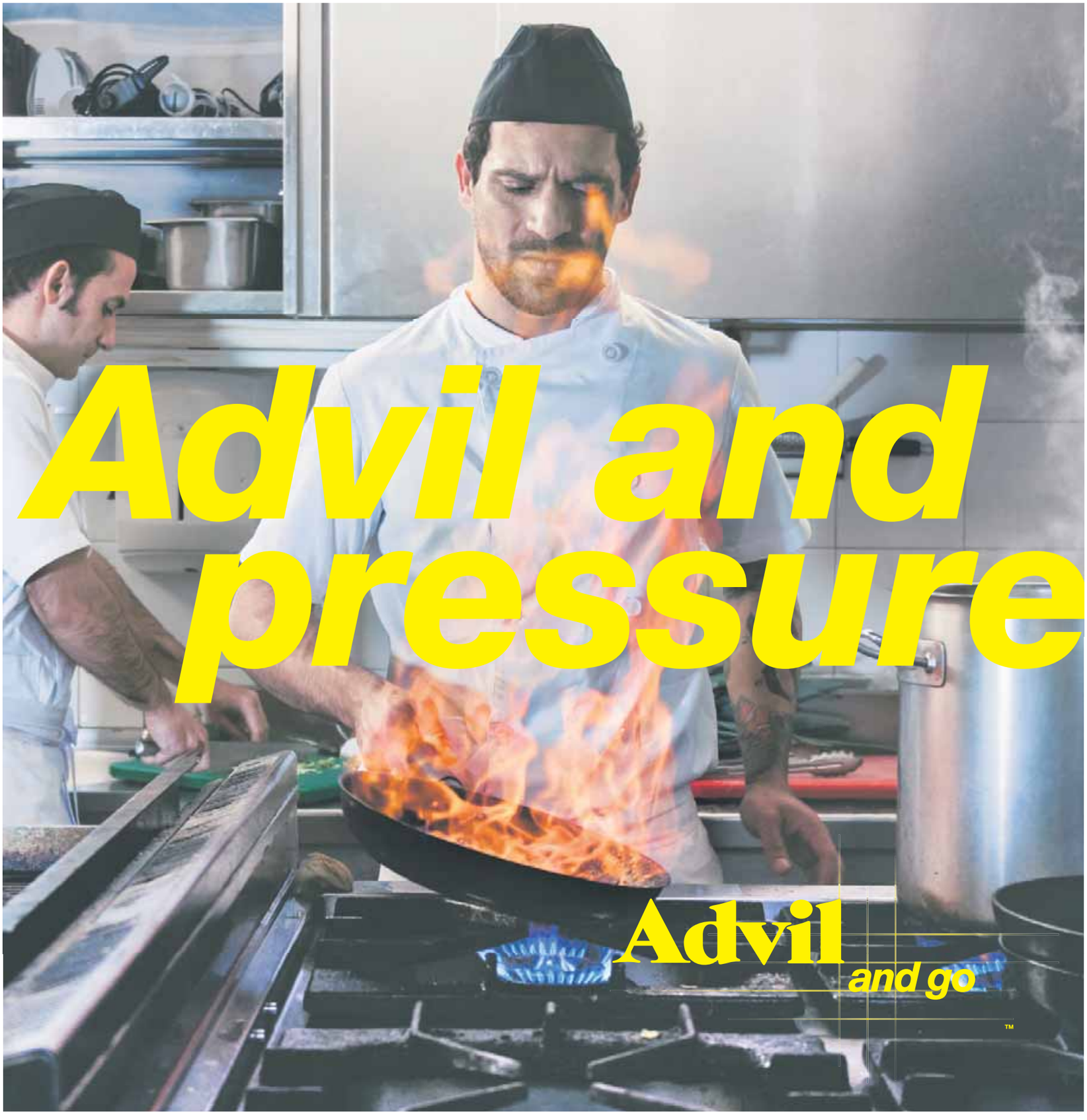
Toronto metro

TUESDAY, NOVEMBER 24, 2015



SAVE $3.00

WHEN YOU BUY SELECT ADULT ADVIL® PRODUCTS

BE SURE THIS PRODUCT IS RIGHT FOR YOU.
READ AND FOLLOW THE LABEL.

TO THE DEALER: You will be reimbursed on the face amount of the coupon plus normal handling charge provided you, as our agent, receive it from a customer on the purchase of any adult Advil product, excluding Advil 10's, 12's and 16's sizes. Other applications constitute fraud. Failure to produce on request, invoices proving purchases of sufficient stock to cover coupons presented will, at our option, void coupons. Application for redemption accepted from principals only. All coupons submitted for redemption become the property of Pfizer Consumer Healthcare, a division of Pfizer Canada Inc., P.O. Box 3000, Saint John, N.B. E2L 4L3. Liqui-Gels® is a trademark or registered trademark of Catalent Pharma Solutions. **TO THE CUSTOMER:** Where applicable, consumer must pay tax. Offer good only in Canada, excluding Quebec. **Limit one coupon per purchase per customer. Not to be used in conjunction with any other offer.** Void where prohibited by law. Expiry date: May 31, 2016

12927382

‘We are best friends’

Humans of Toronto in metroNEWS

Toronto metro

START NOW!
Pre-Christmas slim down
metroLIFE

Your essential daily news | TUESDAY, NOVEMBER 24, 2015

High 6°C/Low -2°C Cloudy, chance of flurries

Our green lead

A week before the UN climate-change conference in Paris, experts say the world can learn about environmentalism from Toronto

metroNEWS

PLUS: CLIMATE CHANGE SHOULD SEEM SCARIER | EMMA TEITEL METROVIEWS

Acts of kindness

SYRIAN WELCOME

City groups prepare tours, buy presents for refugees

Jessica Smith Cross
Metro | Toronto

When Syrian refugees arrive in Toronto, they will be welcomed with acts of kindness.

The federal government is expected to announce details today of its plans to bring in 25,000 government-sponsored refugees by the end of the year. Meanwhile, some privately sponsored refugees are expected to arrive this week.

Torontonians who’ve pledged to sponsor Syrian families have been busy getting ready to provide them with the necessities of life in Canada, such as housing and health cards. But they’re also arranging smaller, personal gestures of welcome.

“We’ve bought them little presents, especially for the kids, and we have winter jackets ready,” said Claudia Blume, a member of The Ripple Refugee Project, one of the many groups sponsoring a refugee family through Lifeline Syria. “These people have fled the exact people who have committed the atrocities we’ve seen. These people are not terrorists, they have fled the war. They are victims.”

There’s been an outpouring of help that’s crossed religious lines, said Jodi Block, community integration specialist with Jewish Immigrant Aid, which has long been a sponsorship agency.

“I was just in communication this morning with a group that’s Sikh, Christian and Muslim, and they’re working through a Jewish organization,” she said. “It’s been an incredible experience.”

The Arab Community Centre of Toronto’s three locations — two in Etobicoke and one in Scarborough — will be hubs for privately sponsored refugees, as well as the government-assisted refugees who will be arriving soon.

ORGANIZED EVENTS INCLUDE:
- Brunches
- Holiday parties
- City tours
- Clothing drives

Torontonians have come to the centre offering all manner of help, executive director Huda Bukhari said. “I have never seen a more welcoming community than what Toronto is doing for the Syrian refugees,” Bukhari said.

HOW TO HELP

Contact these groups:
Lifeline Syria: lifelinesyria.ca
Arab Community Centre: arabcommunitycentre.com/memberships
JIAS Toronto: jiastoronto.org/donate

Better business bundles on our better network.

Fibe Business Bundles include more of the services and features that your business needs, for one totally affordable price. Plus, they are powered by our better network that is continually improving to offer you more speed, more service and more security, so you can do more and make more. Get the country's #1 Internet and phone service provider[1] working for your business today.

FROM $89.28/MO.
On a 36-month term

- Business Fibe Internet[2]
- Unlimited Internet usage and Bell Hub Wi-Fi modem
- Online security protection[3]
- Fully loaded Business Phone line[4]
- North American long distance talk time[5]

Call 1-866-655-4278 or visit bell.ca/businessbundles.

Bell your business just got better

Offer ends December 6, 2015. Available to new customers in Ontario where access and technology permit and where Business phone service is not CRTC regulated. Subject to change without notice and cannot be combined with any other offer. $200 Basic Bundle installation fee applies. Unlimited usage is subject to the Business Terms of Service; see bell.ca/businesstermsofservice. Taxes extra. Other conditions apply. Fibe is a trademark of Bell Canada. (1) Based on total number of subscribers. (2) Subject to a 3-yr. term. Early cancellation charges apply. Available with Internet download speeds of up to 10 Mbps and upload speeds of up to 1 Mbps. Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors; see bell.ca/businessinternet. (3) Includes 3 licenses of Internet protect. Subject to technical requirements; see bell.ca/internetprotect. (4) Includes: 1. Call Display, 2. Call Forwarding, 3. Call Waiting, 4. Speed Call, 5. Last Number Redial, 6. Per Call Blocking, 7. Hold, 8. Call Transfer, 9. 3-way Calling. (5) Includes 300 minutes. Applies to direct-dialled outbound calls to Canada and the continental U.S., incl. Alaska and Hawaii; excl. toll-free calls ($0.07/additional min.). Calls to certain conference or adult services or to high-cost areas may be restricted.

metro NEWS
Your essential daily news

Beloved among kids, Bunchems cause headaches for parents. **Business**

A quarter more to ride the rocket

Price freeze for pass holders, seniors and student riders

The TTC has approved a 25-cent cash increase and added a dime to the cost of a token in the New Year. But Metropass prices will remain frozen, as will senior and student fares.

Despite asking riders to pay more, the transit board is still facing a $41-million shortfall in its approximately $1.75 billion 2016 operating budget.

"I think we've taken a pretty balanced approach by freezing Metropasses. Considering the cash fare has been unchanged for the better part of a decade and we are trying to transition people away from cash because of our move to the Presto (farecard) I think that is a fair balance," said councillor Josh Colle, who chairs the transit board.

It remains unclear what the city's subsidy to the TTC will be next year, he said.

"We only have two tools. It's subsidy and it's revenue from the fare box," said Colle.

$3.25
TTC's new cost for riders, if they pay with cash.

About half of TTC riders pay using passes, 27 per cent use tokens and only about 10 per cent pay cash. But Metropass sales are declining, said a staff report to the board.

By presenting an operating shortfall to council, Colle said the board is demonstrating it has done its part.

It is also endorsing four service improvements that Colle called "modest" and "important": improved streetcar and bus reliability; earlier opening at 8 a.m. instead of 9 a.m. on Sundays; and a boost to the express-bus network.

"If the city is unable to fill the gap of what we've done today in a subsidy, the only two options we have to look at are fares and service. So that will be a robust debate back at this table," he said.

During the six-hour meeting, dominated by the fare discussion, the board considered deferring the fare increase until council ruled on the amount of the city's transit subsidy, but ultimately decided its role was to provide advice to council.

The freeze on student and senior fares will be reconsidered next year once the city releases its Framework for Transit Fare Equity.

This year, the TTC introduced a host of service improvements amounting to $95 million annually, including free rides for children 12 and under and the restoration of service that was cut in 2012.

The fare increase came despite a protest from the TTCriders group that packed the board meeting Monday, and a series of pleas from seniors and residents in low-income neighbourhoods.

"The people have paid their fair share. When will the province and federal government?" Paul Codd asked the board.

TORSTAR NEWS SERVICE

TTC removing some stops to boost safety

Luke Simcoe
Metro | Toronto

Your streetcar commute will get a little faster — and hopefully safer — this winter. But, you might want to check the spot where you hop on.

The TTC is removing a number of stops, saying they're too close to others.

They include the Victoria Street stop on the Dundas line, the Summerhill Road stop on the Lakeshore line and the northbound stop at Bloor along the 511 Bathurst line.

According to the TTC, there should be at least 200 metres between stops.

Two other stops along Bathurst, at Lennox and Carr streets, will be relocated closer to traffic signals for safety reasons. The same is true for several other stops across the city.

"Experience has shown that, the further away a stop is from a traffic signal, the more likely customers are to jaywalk across a street at an unprotected location," the TTC says.

The TTC is in the midst of reviewing all its streetcar stops, and has recommended moving — or removing — others along every major route. However, opposition from local councillors has slowed the process.

The streetcar stops at Dundas and Victoria were already gone Monday, and the rest are slated to be removed by the end of November. The TTC also removed its Sunday-only streetcar stops in June.

A streetcar passes through the intersection of Dundas and Victoria streets Monday. The TTC has removed streetcar stops on both sides of the intersection, claiming they were too close to the stops at Yonge Street. LUKE SIMCOE/METRO

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals
FREE CALL
310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

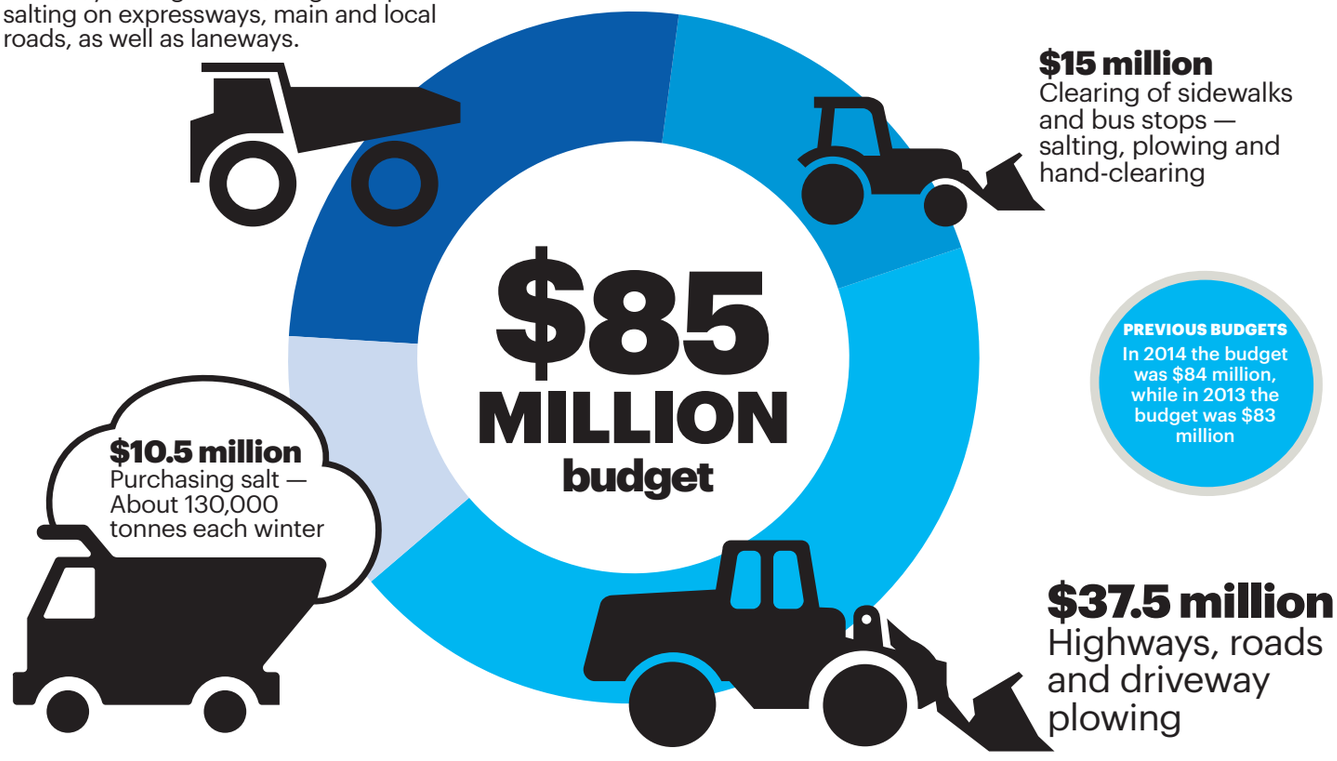
City unveils winter plans

Come what may, the city is reassuring Torontonians that it's ready to deal with harsh winter weather. Jaye Robinson, chair of the city's public work and infrastructure committee, announced detailed plans Monday to deal with snow, ice and all the dangers they present.

Gilbert Ngabo
Metro | Toronto

The city has readied 600 snowplows, 300 sidewalk plows and 200 salt trucks. Here's a breakdown of how the $85-million winter-weather budget will be spent, according to Hector Moreno, the city's manager of transportation services.

$22.5 million
Roadway salting — including multiple salting on expressways, main and local roads, as well as laneways.



$15 million
Clearing of sidewalks and bus stops — salting, plowing and hand-clearing

PREVIOUS BUDGETS
In 2014 the budget was $84 million, while in 2013 the budget was $83 million

$10.5 million
Purchasing salt — About 130,000 tonnes each winter

$37.5 million
Highways, roads and driveway plowing

EXTREME WEATHER

Disaster relief a top priority: Group

Is Toronto prepared for another ice storm, like the one that ravaged the city in 2013?

The city is putting strategies in place, but a community group believes residents should take matters into their own hands.

Community Resilience to Extreme Weather (CREW) is a grassroots group made up of volunteers from fields like urban planning, environmental studies and community development.

The group is piloting community outreach strategies, signing up extreme weather volunteers and creating neighbourhood networks to help one another in case of emergency.

At least 25 volunteers have signed up and attended sessions to become block captains in TCHC buildings and in private residences across Toronto. The goal is to reach at least 100 such volunteers, said CREW co-founder Sheila Murray.

"The ice storm taught us that the time to hand out business cards is not right in the emergency," she said.

The networks would liaise with local agencies such as libraries, faith groups and businesses and plan to respond quickly in an extreme weather event, she said.

The city can do its fair share with infrastructure and emergency response, but ultimately communities have to play their part in making sure no one is left in isolation, said Murray.

"The fact is the weather is constantly changing and disasters will happen," she said.

GILBERT NGABO/METRO

TODAY ONLY!

IN STORE AND AT THEBAY.COM

FREE ONLINE SHIPPING ON ORDERS OF $99 OR MORE*.

Tuesday, November 24

Save $130

$169.95

Regular $299.95

NESPRESSO

VertuoLine bundle with Aeroccino milk frother

Made in Switzerland.

Delicious regular cup coffee or espresso with crema at the touch of a button. All Nespresso capsules are made from the top 2% of the world's coffee beans. Available in Chrome, Red, Black, Silver, Titan and White.

Includes Aeroccino milk frother (a $99.95 value if purchased separately).

Plus, 25% off other coffee makers**

HUDSON'S BAY

SAVE WITH 0% INTEREST FOR 6 MONTHS – NO ADMIN FEE

On selected merchandise when you use your Hudson's Bay MasterCard® or your Hudson's Bay Credit Card.

Delivery charges and taxes are payable up front. Applicable on in store purchases only. On approved credit only. Minimum monthly payments required. See below for details.

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection and Kleinfeld. See in store for details. **SPECIAL PAYMENT PLANS** are available on approved credit with your Hudson's Bay MasterCard or Hudson's Bay Credit Card on the identified items. Not applicable in Quebec. If you default under your payment terms or under your Hudson's Bay Account Agreement, then the terms and annual interest rate are set out therein. The billing period covered by each statement will be approximately 30 days. For full details call 1-800-263-2599 or see a store associate. Hudson's Bay, Hudson's Bay Credit, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One® is a registered trademark of Capital One Financial Corporation. MasterCard and the MasterCard brand mark are registered trademarks of MasterCard International Incorporated. All marks used under licence. All rights reserved. ***FREE ONLINE SHIPPING**: Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses. ****Coffee makers** exclude Nespresso and items with 95¢ price endings.

EMPLOYMENT

Firm mocked, attacked for 'sexist' job ad

Luke Simcoe
Metro | Toronto

An Ontario web development company is in hot water after it posted what some are calling a "sexist" and "disgusting" job ad on LinkedIn.

Vestra Inet took to the networking service earlier this month looking for a "content writer and SEO specialist." The company noted the job includes filling in for a receptionist and thus "female candidates are preferred."

A receptionist at the company declined to comment on the matter when contacted by Metro and said she had been instructed not to forward media calls about the posting to management.

Labour lawyer Howard Levitt said the language used in the posting is against the law.

"It's not merely politically incorrect in terms of typecasting people into certain gender roles, but the Human Rights Code makes it illegal to advertise based on gender," he said. "It's simply out of touch and out of legal reality in 2015 — or even for that matter 1995."

Reaction alternated between mockery and condemnation.

"Your job posting is disgusting. The only good thing to come of this is you've saved a lot of talented female candidates time," Becky McKendry wrote on the company's Facebook page.

"GUYS we did it! We travelled back in time to 1950! Oh ... wait, no, that's just a sexist job (description)," wrote Twitter user Lauren Souch.

Afroze Edwards with the Ontario Human Rights Commission said Vestra Inet would only face repercussions for the posting if someone files an official complaint. WITH FILES FROM TORSTAR NEWS SERVICE

Updates as they happen @GOtransit.
Brought to you by the GO Passenger Charter.

We promise to keep you in the know.
One of five GO Passenger Charter promises that improves your commute every day.

For more information, visit / Pour plus de renseignements, veuillez visiter le site gotransit.com

METROLINX

Advocates for undocumented migrants pack a past city council meeting. TORSTAR NEWS SERVICE FILE

Sanctuary lost: Study

IMMIGRATION

Police accused of disobeying city council on status checks

Toronto police regularly initiate contacts with Canadian border officials to check on people's immigration status in violation of council's Sanctuary City policy, a new study claims.

During an eight-month period between last November and June of this year, the Toronto Police Service (TSP) made 3,278 calls to Canada Border Services Agency (CBSA), 83.4 per cent of which were for "status checks," said the study, to be released Wednesday.

"The broad criterion of 'officer suspicion' is fertile ground for the practice of racial profiling. This is not a matter of a few exceptional circumstances of certain individual officers but instead a systemic problem in policy," said the study led by University of Ottawa criminology professor David Moffette.

"We must conclude that the TPS are not by any means an accessible service to black and racialized groups with precarious or no status in Toronto."

In June 2014, Toronto council passed recommendations to give the city's estimated 200,000 non-status residents access to city services without fear of being handed to border enforcement.

The study said the practice by the TPS contradicts the directive; it asks the city to urge TPS to develop a comprehensive "Don't Ask, Don't Tell" policy.

TPS spokesman Mark Pugash said the force has adopted the "don't ask" side, but the law has obliged officers to inform border enforcement if they become aware of an immigrant warrant against an individual in the course of their interaction.

"The conclusion (the researchers) reached mystified me. The report is long on insults and accusations but short on evidence-based conclusions," said Pugash. TORSTAR NEWS SERVICE

2,730

Approximate number of 'status check' calls made by Toronto police over an eight-month period

CRIME

March of Dimes employee accused of $800K fraud

A long-time March of Dimes employee has been charged with allegedly defrauding the charity of $800,000.

Toronto police say Karima Manji, 50, was the property manager for all the organization's non-profit residences.

She is alleged to have used "various means" to siphon funds from the charity, including forging invoices and expense claims, and funnelling money into a false March of Dimes bank account. TORSTAR NEWS SERVICE

We make settling in easier with no credit history required.[1]

As a newcomer to Canada, the ***Scotiabank StartRight***® Program[2] helps you get your first:

- ✓ **Credit Card** – Get a credit limit up to $5,000.[3]
- ✓ **Home Loan** – Get a mortgage to buy your home.[4]
- ✓ **Car Financing** – Purchase or lease your next vehicle.[5]

scotiabank.com/newtocanada
1.866.800.5159

You're richer than you think.®

Scotiabank®

1. A credit history in Canada is not required in order to be eligible for credit under the *Scotiabank StartRight* Program. An application for credit is subject to meeting Scotiabank's credit criteria, including your verifiable income and credit history (if available). **2.** The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. **3.** To be eligible, you must be a participant in the *Scotiabank StartRight* Program. Your application for credit and the credit limit assigned (up to $5,000) will be determined based on Scotiabank's credit criteria, including your verifiable income and credit history (if available). To qualify for a credit card, you must be a resident of Canada and the age of majority. **4.** Applicable to residential mortgages only and subject to Scotiabank lending criteria for residential properties. Mortgage default insurance may be required for Loan to Value ratios (LVRs) greater than 50% to a maximum of 95%. Maximum LVRs available may be less than 95%. The *Scotiabank StartRight* Mortgage Program, created for Canadian Landed Immigrants and Foreign Workers from 0-5 years in Canada. **5.** The *Scotiabank StartRight* Auto Finance Program is available through all Scotiabank authorized dealerships in Canada. This program is only available for Landed Immigrants and Foreign Workers. New vehicle lease financing is provided and administered through Canadian Dealer Lease Services Inc. Subject to Scotiabank financing terms and conditions. Downpayment required. ® Registered trademarks of The Bank of Nova Scotia.

BY THE NUMBERS

Crime down as police budget rises

StatsCan data released Monday shows reported violent and household crime down in Toronto, just as our city's police budget is about to top $1 billion for the first time. Here are some key numbers. LUKE SIMCOE/METRO

172%

Canadians who identified as homosexual or bisexual were nearly three times as likely to report incidents of violent victimization as the rest of the population (Data for Toronto was not available)

1 in 7

The number of victims of violent crime who reported symptoms consistent with post-traumatic stress

The drop in violent crime reports in Toronto since 2004

22%

The reduction in household crime victimization (including break and enters, auto theft or property theft) in Toronto over the past 10 years

47%

20 to 24

The age group most likely to be victimized by violent crime in Canada

5%

Percentage of sexual assault victims who reported the incident to police, based on a comparison with StatsCan self-reports. Despite their severity, sexual assaults are among the least likely crimes to be reported. Sexual assault was the only category of crime where victimization reports have not decreased since 2004.

Your MBA.
Your future.
You're invited.

Learn about Canada's preeminent MBA program

- Meet Schulich admission officers and check out our downtown campus
- 20 cutting-edge specializations, from Global Retail to Mining
- Consulting projects with real clients
- Integrated theory and hands-on learning
- Award-winning perspectives on responsible business

PROGRAM INFORMATION SESSION

Thursday, November 26th, 12:00 pm – 1:00 pm

Miles S. Nadal Management Centre, 222 Bay Street, Suite 500

Register at: schulich.yorku.ca/infosessions

Chance Moran (MBA '12)
Associate, Equity Derivatives Trading
CIBC WORLD MARKETS INC.

Schulich School of Business 50
BUSINESS EDUCATION TRANSFORMED

Canada's Top-Ranked Business School
Schulich MBA – #1 IN CANADA *(The Economist, Forbes, CNN Expansión)* **#1 IN THE WORLD** *(Corporate Knights)*
Kellogg-Schulich Executive MBA – #1 IN CANADA *(Financial Times, The Economist)*
Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business | YORK UNIVERSITY

MELIÃ

JARDINES DEL REY

CUBA - ALL INCLUSIVE

Our newest resort in Cayo Coco!

For the perfect vacation! Offering countless options for relaxation, romance and family fun.

TIME FOR CUBA

#timeforcuba

Visit meliacuba.com or contact your travel agent for more information

MELIÃ HOTELS & RESORTS

Cuba

25 YEARS 1990-2015 | MELIÃ HOTELS INTERNATIONAL CUBA

Climate of change

The upcoming United Nations Climate Change Conference in Paris aims to reduce the dangerous impacts of climate change. Some experts say the rest of the world could learn a lot by following Toronto's lead on the issue. So, what are we doing right?

Mallory Chate
For Metro | Toronto

Here are things York University science professor Dawn Bazely and environmental studies professor Mark Winfield say Toronto is doing that could stand to be multiplied with respect to climate change:

1 Building a 'tree' of eco-friendly politicians

Both experts agree it is important to have politicians who acknowledge climate change facts and look for long-term solutions.

Winfield named former mayor David Miller and former councillor Jack Layton as politicians who have contributed to the city's climate change strategy. He also credits current Coun. Gord Perks as being involved with the city's environmental initiatives, including transportation and waste management.

2 Transportation is on the right track

Winfield said transit is the largest growing source of greenhouse gas emission.

Toronto is definitely moving in the right direction in this area, Winfield said, citing Mayor John Tory's SmartTrack proposal as one example of positive action.

Another example is the city increasing the number of bike lanes, experts say.

3 Taking care of the urban forest

Toronto's tree canopy covers about 28 per cent of the city with 10.2 million trees. The city is working to increase that coverage, hopefully to 40 per cent.

Maintaining the health of the canopy is also crucial, since trees reduce carbon dioxide and keep temperatures cool.

Toronto city councillor Gord Perks
ANDREW FRANCIS WALLACE/TORONTO STAR

4 Capturing, converting methane gas

"Methane is a greenhouse gas 21 times more powerful than carbon dioxide," said Winfield.

That gas needs to be captured, burned, and converted into natural fuels. He said Toronto has been active in the capturing and looking into ways it can capture more in places that produce a lot of methane gas, such as landfills and sewage treatment plants.

5 Energy innovators

Toronto has invested in energy efficiency through transit, green roof bylaws and continued work on cleaner energy production with companies like Hydro One.

"The government has to keep supporting solar and wind power," Bazely said.

Humans of Toronto by K. Omar

"She takes care of me and is a good listener. We are best friends."

"We met in college. We're both nurses. He's very caring, fun-loving and always has a smile on his face. That's what I love about him."

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans_of_Toronto on Instagram.

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,

MALE OR FEMALE 18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from $1,000 to $4,000 depending on the length of the study.

BioPharma SERVICES INC.
Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

STILL SMOKING?
GIVE US YOUR LAST PACK OF CIGARETTES

WE'LL GIVE YOU A FREE
E-CIGARETTE KIT

180° SMOKE

THERE'S NO BETTER TIME TO CHECK IF VAPING WORKS FOR YOU.
YOU HAVE NOTHING TO LOSE EXCEPT YOUR LAST PACK OF CIGARETTES!

WHAT?
- Free Cloudmaker Nano kit (just buy the e-juice refill)
OR
- 50% OFF CloudMaker Essential
OR
- $20 OFF CloudMaker Plus & Optimal
OR
- $10 OFF any other kit

WHERE?
At any of our 6 GTA locations
CENTERPOINT MALL – YONGE / STEELES
BRAMALEA CITY CENTRE – 25 PEEL CENTRE, BRAMPTON
657 YONGE STREET – YONGE / BLOOR
3391 BLOOR ST W – ISLINGTON / BLOOR
696 DANFORTH AVE – DANFORTH / PAPE
746 WARDEN AVE, #2 – WARDEN / ST CLAIR

WHEN?
Monday Nov 23rd to Monday Nov 30th

* while supplies last
** restrictions apply please see details at www.180smoke.ca

Heroic clown honoured by city

PUBLIC SAFETY

Doo Doo saved two women from attacker

Coun. Norm Kelly congratulates **Doo Doo the clown** at city hall on Monday. BERNARD WEIL/TORONTO STAR

Shane Farberman knows how to clown around. He's been doing it professionally for 32 years.

But it's not his funny chops giving Farberman, known better by his clown name, Doo Doo, worldwide attention.

It happened around 3 p.m. on Sunday, as Farberman was driving back from a day's work with two clown colleagues in the backseat. Around Front and Portland Streets, Farberman said he saw a man jumping on cars.

"Right away, I called 911 (and) said 'There's a guy in distress,'" he said.

The man ran down to Bathurst Street, and Farberman, after being asked where he was by the emergency operator, followed him in his car. As he turned the corner, he saw the man take a swipe at two women walking in the opposite direction.

"They started walking a little quicker. They obviously knew something was up. And the guy turns around and starts chasing them," he said.

"I screamed and screamed like 20 times, 'Get in my car,'' he said, adding he only realized after how bizarre the moment must have been for the women.

They dove into Farberman's car while the man followed.

"He was kicking, smashing it, and all of a sudden he ripped my mirror off," he said, until police arrived and subdued him.

While Doo Doo has had his share of fame as the clown in the Adam Sandler movie Billy Madison, Farberman is still new to worldwide attention. He received a celebratory scroll from the city, as well as a reception with Coun. Norm Kelly on Monday.

Like most people suddenly famous for a good deed, Farberman said he doesn't consider his actions to be heroic: "If you watch the video, you see how terrified we were. I'm very humbled. I believe that people should look out for people," he said.

TORSTAR NEWS SERVICE

We are looking for MALE volunteers

If you are 18-55 years old, non-smoking, free of daily medications you may be eligible

Lambda Therapeutic Research Inc.
Study #573-15 with 4 Sessions
& 2 return visits per period

	Check-in	Exit
Period 1	December 9th, 2015	December 11th, 2015
Period 2	January 3rd, 2015	January 5th, 2015
Period 3	January 28th, 2015	January 30th, 2015
Period 4	February 22nd, 2015	February 24th, 2015

LAMBDA Therapeutic Research

Participants are compensated for their time.

Compensation is up to
$3,000
for completing the entire study!
Refer a friend and you may receive $100

FOR MORE INFORMATION
416-752-3333 Toll Free: 1-866-207-3333 Mon-Fri: 9am-5pm
www.lambdacanada-cro.com www.todaysresearch.com
Location: 460 Comstock Road, Toronto, M1L 4S4

Detox Your Body - Every Day

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and starts storing them in our body fat. We quickly notice the results in our energy levels, in our lack of youthful appearance – and surprisingly - on our waistlines.

UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

ACTIVE LIVER™

Active Liver is a natural health product that improves your liver's health and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body –without the "side effects".

THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat will start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.

At participating pharmacies, health food stores and online. For more information, please visit our website or call 1-877-696-6734.

NEW NORDIC

ONLINE SHOP
newnordic.ca

SHOPPERS DRUG MART · Loblaws · Real Canadian Superstore · Extra Foods · Walmart · Zehrs Markets · amazon.ca · metro

® / TM Trademarks of Loblaw Inc. Used with permission. All rights reserved. Loblaw Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product is right for you, always read the label and follow the instructions.

IMMIGRATION

The group that's 'left behind'

Gilbert Ngabo
Metro | Toronto

Some refugee advocates are concerned the plan to resettle 25,000 Syrian refugees could leave behind the most vulnerable.

Government is reportedly working on fast-tracking only women, children and families, excluding any single male applicants. Details of the plan are scheduled to be released Tuesday, but it is believed the new measures stem from security concerns.

It is the only way to proceed given the "rushed" deadline pending over the Justin Trudeau government, following his promise during the campaign, said Toronto immigration lawyer Guidy Mamann.

"Children, women and families are a much lower-risk demographic than young men," he said, adding most recent terrorist attacks were "typically" carried out by young, single men.

> **When you decide to do something fast, you're not going to do it well.**
> Toronto immigration lawyer Guidy Mamann

The issue, however, is that this selection could disqualify male refugees "just because they happen to be single," said Mamann, who has provided legal assistance to refugees from around the world for nearly 30 years.

"When you decide to do something fast, you're not going to do it well," he said, adding the project was initially ill-conceived and is prone to be ill-executed.

"I have no doubt there will be millions of Syrian refugees left behind who are better qualified than the 25,000 we're taking in."

Samir Mourani, executive director of RefugeAid, said such a plan would be understandable if it was just about prioritizing family applicants. To completely freeze out single males is "unfortunate," he said.

"They could be extremely vulnerable. Maybe they are on disability or they are being persecuted for the wrong reasons," he said.

"That's not something they chose. It's a result of the conflict. It really shouldn't be based on marital status."

Feds to screen all refugees before they come to Canada

RESETTLEMENT

Plan to use 'several layers of security' to ensure safety

The federal government will screen all 25,000 Syrian refugees for security concerns or health issues before they board planes for Canada, Torstar News Service has learned.

A government source said Monday that "100 per cent" of the screening will take place before refugees board charter and military aircraft to come to Canada in the coming weeks.

It ends speculation that portions of the screening process would be done on Canadian soil, after Public Safety Minister Ralph Goodale told reporters screening could take place both abroad and at home.

Furthermore, the Liberal government believes they can accomplish that screening while making good on their campaign promise to bring in 25,000 Syrian refugees by the end of the year.

And the most vulnerable groups — including women and children, families and LGBTQ populations — will get priority.

"Our priority has always been around addressing the most vulnerable people, and that's still the priority," Health Minister Jane Philpott, who leads the cabinet committee on the resettlement effort, said Monday afternoon.

> **We're looking for space. We're putting in place what we can to make sure that as people arrive, that there is accommodation.**
> Ontario Premier Kathleen Wynne

Ottawa also intends to launch a website encouraging Canadians to donate or volunteer to aid in the refugee resettlement, something Immigration and Refugees Minister John McCallum has called a "great national project."

On Tuesday, McCallum and Philpott will roll out the details of the resettlement plan.

McCallum briefed his provincial counterparts on the logistics of the plan on Monday, assuring them that the federal screening process was rigorous.

"He didn't get into the specifics other than to indicate there will be several layers of security that are accomplished even before they arrive in the country," Manitoba Premier Greg Selinger, in Ottawa for a First Ministers' Meeting, told reporters.

Saskatchewan Premier Brad Wall, who last week released an open letter urging Prime Minister Justin Trudeau to take more time to accomplish the goal, said most of his concerns have been addressed.

At the same time, the Department of National Defence has been busy making room for refugees at a number of bases, as well as winterizing facilities to house the refugees. It's not known which bases will host the refugees, although CFB Trenton in Ontario and CFB Valcartier in Quebec are likely candidates. TORSTAR NEWS SERVICE

At the Canadian Forces Base in Kingston, Ont., people are transforming several barracks that are intended to house Syrian refugees coming to Canada. THE CANADIAN PRESS

VACANCY

Newcomers won't threaten housing market: Experts

25,000 people may sound like a lot of bodies to house, but by the time the Syrian refugees settle in permanent housing, no one would even notice, say housing and settlement experts.

In Ontario, for example, — which is expecting 10,000 Syrians — roughly 2,500 housing units would be required considering most refugees will come as families and live under one roof, according to University of Toronto urban planning professor David Hulchanski.

"Ontario has about 1.3 million rental housing units. The refugees will be in temporary housing (in military bases) and we'll have housing counselors to help them," said Hulchanski, who specializes in housing, neighbourhood and community planning issues.

Many Canadians may be struggling to find affordable housing — and the social housing waiting list is long, but it doesn't mean the arriving refugees cannot be accommodated in Canada's housing market, where the vacancy rate has increased to 3.3 per cent from 2.8 per cent a year ago.

3.3%

The Canadian housing market vacancy rate, which has increased from 2.8 per cent in 2014.

In Toronto alone, there are some 500,000 rental units on top of the 140,000 units in the 905 regions — making up almost 30 per cent of the 1.3 million rental stock in Ontario, Hulchanski said.

"We have a vacancy rate of about 2 per cent. Housing may not be cheap and it may be difficult for everybody to find a good, quality place. But the impact will be small," said Hulchanski. TORSTAR NEWS SERVICE

DETAILS

How much space would 25,000 refugees fill?

The number doesn't seem too daunting when compared to the capacity of some well-known sports and entertainment venues.

- 54,000: Rogers Centre
- 24,000: Tim Hortons Field
- 19,800: Air Canada Centre

TORSTAR NEWS SERVICE

Court questions contracts

DUFFY TRIAL

Gerald Donohue testified via video link

Was Gerald Donohue an unqualified consultant who made roughly $20,000 for using Google, talking to Sen. Mike Duffy on the phone and cutting cheques to sub-contractors?

Or was the ailing Ottawa-area man a well-meaning, highly experienced former union and broadcasting executive who was executing legitimate Senate contracts?

Those are the two pictures emerging at Duffy's fraud, breach of trust and bribery trial, which has waited seven months to hear the details of the unusual Senate contracts with Donohue.

He suffers from failing kidneys, heart failure and diabetes and can only testify for a few hours a day, a few times a week, via video link.

This delayed his appearance several times over the course of the trial. Six of the 31 charges against Duffy are linked to $65,000 in Senate contracts awarded to Donohue between 2009 and 2012.

But there were a few very odd things about the contracts. For one, the money went to two companies owned by Donohue's wife — he was never an employee of the firms, nor did he ever have cheque signing authority.

More importantly for this trial, Donohue paid out tens of thousands of dollars to service providers who did work for Duffy — such as a makeup artist, speech writers and an intern.

Donohue testified that his company kept between $19,000 and $22,000 — he wasn't exactly sure of the amount. He said he did some research on the Internet on the aging population for Duffy and would give the senator his opinion on things like website content and the proper length of a speech. He never set foot on Parliament Hill.

Donohue sometimes had only vague recollections of why he signed cheques to others at Duffy's behest.

Prosecutor Mark Holmes took Donohue through a series of payments, such as the one made to personal trainer Mike Croskery. He was paid more than $10,000 for consulting services.

THE CANADIAN PRESS

Prosecutor Mark Holmes, right, looks on as **Gerald Donohue testifies via video** in an artist's sketch at the Mike Duffy trial in Ottawa, Monday. GREG BANNING/THE CANADIAN PRESS

> **"This first invoice that came in was signed or initialled by Duffy instructing me to pay it.**
> Gerald Donohue

BURNABY

Court sides with Trans Mountain

The Metro Vancouver city that pitted its bylaws against federal legislation in a bid to stop the expansion of the Trans Mountain pipeline has lost a key court case.

The City of Burnaby has fought plans to double the pipeline between Alberta and coastal B.C. and has tried to hamper planning for the expansion project through two separate bylaws.

But Trans Mountain challenged the city in court, arguing the bylaws conflicted with the National Energy Board Act.

In a ruling issued online, B.C. Supreme Court Justice George Macintosh agreed with Trans Mountain, saying the pipeline is situated, constructed and operated under the National Energy Board, which draws its authority from the act.

He says the energy board has the constitutional power to direct or limit the city in enforcement of its bylaws if Burnaby interferes or blocks regulation of the project.

Macintosh has ruled Burnaby's bylaws don't apply to the pipeline planning and has also ordered the city to pay the company's court costs.

THE CANADIAN PRESS

We can safely guarantee a gift from Harry Rosen will bring a smile to any man's face. But the curious thing is this: shopping for that gift is also a pleasure. Our expert clothing advisors have hundreds of great ideas and will be delighted to gift wrap your purchase in one of our handsome, instantly recognizable boxes. Of course we have a generous return policy and there's always the option of a Harry Rosen gift card, perfect for men who love shopping for themselves. After 62 Christmases, we know the old saying is true – it really is the thought that counts; at Harry Rosen, we're delighted to be a part of your holiday.

HARRY ROSEN

HARRYROSEN.COM

82 BLOOR STREET WEST **416.972.0556** • EATON CENTRE **416.598.8885** • FIRST CANADIAN PLACE **416.981.9097**
MISSISSAUGA SQUARE ONE **905.896.1103** • SHERWAY GARDENS **416.620.6967** • YORKDALE SHOPPING CENTRE **416.787.4231**

POLITICS

Neil Young endorses Liberal government

Music icon Neil Young has declared that "Canada is back" now that a Liberal government has taken charge in Ottawa.

"I'm very happy," said the 70-year-old Canadian, who has lived in California for years.

The singer-songwriter was in Vancouver on Monday to debut his high-resolution audio player and online store, under the Pono-Music brand, in Canada.

Young said he's received many emails and phone calls from Canadian friends revelling in the new government of Prime Minister Justin Trudeau.

"Obviously people are delighted with the change that has taken place. It's very positive news."

He wished the newly minted cabinet well on the same day provincial premiers were meeting in Ottawa to discuss a national strategy on climate change, an issue he has also championed.

He said he's hopeful officials will take different action than the former Conservative government, but then said corporations have more money and power than governments.

"So really, it's up to the people to take the situation into their own hands," he said, explaining that consumers have buying power and can change the world through their habits.

"The politicians really don't have the power to change the world."

Young has been a long-time environmental crusader and stirred controversy last year when he used his celebrity status to amplify opposition to Alberta's oilsands. He held a cross-country tour to get Canadians talking about First Nation treaty and environmental issues. Young later partnered with environmentalist David Suzuki and spoke out against oil pipelines.

Young reflected with optimism on Alberta's new carbon tax introduced by Premier Rachel Notley. On Sunday, Notley announced the province will also phase out coal-fired power plans and cap emissions from the oilsands.

"The carbon tax is capitalism working," Young said, heralding it as a mechanism for slowing down the release of carbon into the atmosphere.

"Anything that does that is a good thing."

THE CANADIAN PRESS

Neil Young says Alberta premier Notley's carbon tax is "capitalism working." DARRYL DYCK/THE CANADIAN PRESS

Leaders meet ahead of climate summit

ENVIRONMENT

PM, premiers talk national strategy and reputation

The advent of new leadership in Ottawa and Alberta will allow Canada to shed its international reputation as an environmental pariah, premiers asserted Monday as they arrived for their first formal meeting with a prime minister in nearly seven years.

Premiers praised Justin Trudeau's willingness to take national leadership on the climate change file at next week's United Nations climate summit in Paris.

And they applauded Alberta Premier Rachel Notley for unveiling Sunday a climate strategy that includes a hard cap on greenhouse gas emissions from the oilsands, which have been labelled "dirty oil" by international critics, including U.S. President Barack Obama, and have become a symbol of Canada's alleged environmental neglect.

British Columbia Premier Christy Clark said the international focus on the oilsands has obscured measures provinces have been taking to combat climate change, including B.C.'s carbon tax which she labelled the best in the world.

"We have had a black eye for a long time on environmental issues and we have not deserved it," she said.

Prime Minister Justin Trudeau sits with various Canadian premiers as they listen to a question being asked during an information session at the first ministers meeting at the Museum of Nature Monday. ADRIAN WYLD/THE CANADIAN PRESS

"But now we're getting a chance to show the world really what we've been doing all these years and I think they'll be a little bit surprised."

The first ministers meeting is not expected to produce any new national target for reducing emissions or policies for achieving it. It is aimed more at demonstrating a new tone in the run-up to the Paris summit.

Within 90 days of the summit, Trudeau has promised to hold another first ministers conference to hammer out a national climate strategy.

> **Our country needs a serious effort in rebranding on this theme of climate change and energy.**
> Premier Philip Couillard

At that point, the prime minister will have to mediate conflicting demands from premiers over how to disperse the billions he's promised in federal funding to help provinces reduce their carbon footprint.

But the potential for a squabble over money didn't dampen premiers' enthusiasm Monday for finally having a federal partner in the fight against climate change. THE CANADIAN PRESS

Black Friday came early this year.

Get the latest phones on sale now from $0. Only until November 30th.

nexus 6P $49 on WINDtab™

nexus 6 $0 on WINDtab™

SAMSUNG Galaxy Note5 $199 on WINDtab™

LG G4 $0 on WINDtab™

HUAWEI Mate2 $0 on WINDtab™

WIND

Offer ends November 30, 2015 or while supplies last. Valid on new activations and eligible WINDtab upgrades. Applicable taxes extra. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. WINDtab terms and conditions apply. Learn more at windmobile.ca. Google, Nexus and Android are trademarks of Google Inc. LG and the LG logos are registered trademarks of LG Corp. and its affiliates. Samsung and Samsung Galaxy Note 5 are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. (C) 2015 WIND Mobile

TERROR THREAT

United States issues holiday travel alert

Americans should be alert to possible travel risks, especially during the holidays, following increased terrorist threats around the world, the State Department warned on Monday.

A travel alert, which is to be in effect until Feb. 24, said current information suggests that militants with the Islamic State of Iraq and the Levant (ISIL), al-Qaida, Boko Haram and other terrorist groups continue to plan attacks in multiple regions.

U.S. authorities said the likelihood of terror attacks will continue as members of ISIL return from Syria and Iraq, and other individuals not affiliated with terror groups engage in violence on their own.

Extremists have targeted sporting events, theatres, open markets and aviation targets. In the past year, there have been multiple attacks in France, Nigeria, Denmark, Lebanon, Turkey and Mali. ISIL has claimed responsibility for the Oct. 31 bombing of a Russian airliner in Egypt.

"U.S. citizens should exercise vigilance when in public places or using transportation," the alert said. "Be aware of immediate surroundings and avoid large crowds or crowded places. Exercise particular caution during the holiday season and at holiday festivals or events." THE ASSOCIATED PRESS

INTELLIGENCE

The State Department said the U.S. is exchanging information with allies about threats of international terrorism.

IN BRIEF

U.S. attacks 283 ISIL oil trucks over weekend

Accelerating its attacks on one of the Islamic State of Iraq and the Levant's most important sources of income, the U.S. military said Monday it destroyed 283 tanker trucks used by the militants to transport oil from producing fields in eastern Syria to smuggling points.

The attack by four A-10 attack planes and two AC-130 gunships was carried out Saturday at a site near Deir el-Zour and al-Hasakah but not reported until Monday. THE ASSOCIATED PRESS

Putin visits Iran to discuss international peace plan

Russia's President Vladimir Putin visited Tehran for talks with Iranian leaders that focused on the Syrian crisis and an international peace plan. THE ASSOCIATED PRESS

Clarification regarding female bombers story

The file photo of students in Tehran published with a story about female suicide bombers in Metro's weekend edition was taken in 2006. The published caption contained incomplete information.

Street cleaner finds bomb vest in rubble

Paris

Device likely defective, not tossed out of doubt: Expert

A street cleaner found an explosive vest similar to those used in the Paris attacks on Monday near the place where a suspect's mobile phone had been found, raising the possibility that he aborted his mission, either ditching a malfunctioning vest — or fleeing in fear.

The discovery of the vest came as Belgium's prime minister cited a "serious and imminent" threat justifying keeping the highest alert level operational for at least another week. The security measures, already in place for three days, have severely disrupted normal life in the capital.

In France, police said the explosive vest was found — without a detonator — in a pile of rubble in Chatillon-Montrouge, on the southern edge of Paris and a considerable distance from the sites of the attacks on the Right Bank of the Seine to the north. A police official later said the vest contained bolts and the same type of explosives as those used in the Nov. 13 Paris attacks that claimed 130 lives and left hundreds wounded.

The device was found Monday in the same area where a cellphone belonging to fugitive suspect Salah Abdeslam was located on the day of the Paris attacks, but the vest has not been formally linked to him, said two police officials who spoke on condition of anonymity.

French soldiers patrol on Monday in front of the Eiffel Tower, lit in the colours of the nation's flag in tribute to the victims of the Nov. 13 attacks on the capital. LUDOVIC MARIN/AFP/GETTY IMAGES

> **We want to return to a normal way of life as quickly as possible.**
> Belgian Prime Minister Charles Michel

Belgium-based terrorism expert Claude Moniquet, who has been in contact with both Belgian and French investigators since the attacks, laid out two possibilities: that Abdeslam became afraid of carrying out a suicide mission or, more likely he says, that he simply ditched a defective explosive vest.

Nervousness could have played a role in concocting a defective vest, but he said he doubted fear played a role. Among followers of the Islamic State of Iraq and the Levant (ISIL), "it is rare not to go to the end."

Moniquet said this was only theory since he had not yet spoken to investigators about the explosive vest.

A manhunt is underway for Abdeslam, whose brother Brahim was among attackers who blew themselves up. He crossed the border into Belgium after the attacks, with French police stopping and interviewing him, before letting him go. THE ASSOCIATED PRESS

LOCKDOWN

Belgians get frisky with police

What police force would start playing along with a practical joke when the capital is facing its highest state of alert and its most-wanted fugitive is still on the run? Right! This is surreal Belgium.

Late Sunday, police asked people to stop commenting on ongoing raids in social media to avoid tipping off suspects.

En masse, they did more than that, becoming mischievous within minutes.

The hashtag #BrusselsLockdown suddenly shifted from serious to humorous, tweeting a flood of pictures of all-too-innocent cats in all kinds of situations — holding their paws up as if captured, posing as police snipers with automatic weapons, and ignoring police warnings to stay away from windows.

Belgian police posted a bowl of cat food to their Twitter account. AFP/GETTY IMAGES

Within hours, federal prosecutor Eric Van Der Syp said police wanted to thank "social media users because they took the need of this operation into account."

Police joined the party on Monday, posting a picture of a dish overflowing with dry cat food labelled "For the cats that came to our aid last evening. Serve yourself! #BrusselsLockdown." THE ASSOCIATED PRESS

Children stand behind a police barricade outside the Radisson Blu hotel in Bamako, Mali, Saturday, following a killing spree at the hotel Friday. THE ASSOCIATED PRESS

Mourning begins

MALI

Two terrorist groups claim responsibility

Mali began a three-day mourning period with flags flying at half-staff on Monday for victims of the assault on a luxury hotel full of foreigners, a day after a dueling claim of responsibility emerged.

The Islamic extremist group, Al-Mourabitoun, that first claimed responsibility for Friday's assault issued a new audio recording identifying the two gunmen, according to a Mauritanian news site that often receives messages from Malian extremists.

The group said the two were the only assailants in the attack that killed 19 people. Initial reports from witnesses and officials suggested there could have been as many as 10 gunmen. The bodies of only two gunmen were recovered from the scene.

The recording from the Al-Mourabitoun (Sentinels) group identified the gunmen as Abdel Hakim Al-Ansari and Moadh Al-Ansari, Al-Akhbar said in an article posted online Sunday. No nationalities were given, though the name "Al-Ansari" suggests they were both Malian.

Meanwhile, a different extremist group that emerged only this year also issued a claim of responsibility for the attack. The claim, reported Sunday by French media, underscores the shifting alliances and memberships of the extremist groups operating in Mali and nearby countries.

The new group, the Macina Liberation Front, is active in central Mali and said it had worked with yet another militant group, Ansar Dine. The claim said the attack was in retaliation for Operation Barkhane, the regional French fight against Islamic extremists, according to Radio France Internationale.

France's Defence Ministry on Monday provided new details of French support during the siege, describing in a statement how 40 French special forces arrived in Bamako at 3 p.m. and helped Malian forces move floor by floor.

> **We must stand with the victims' families.**
> Makan Konen

On Monday morning, the national flag outside Prime Minister Modibo Keita's office was lowered to half-staff.

"We are aware that the country is in crisis and we must stand with the victims' families," said Makan Kone, a spokesman for Keita, adding that the ceremony was "to show our pain for the death of 19 people." THE ASSOCIATED PRESS

BOKO HARAM

Female suicide bombers stopped at checkpoints

Female suicide bombers killed 12 people over the weekend in Nigeria and Cameroon, officials said Monday of the attackers who were stopped for routine searches. All five bombers also died, but they could have killed many more people.

Police who blamed Boko Haram said one girl detonated explosives strapped to her body Sunday evening at a military checkpoint guarding an entry to Nigeria's northeastern city of Maiduguri.

Police commissioner Aderemi Opadokun said the girl killed herself and seven other passengers who got off a bus to be searched. A dozen people were injured.

It was the first bomb in nearly a month in Maiduguri, the birthplace of Nigeria's homegrown Islamic extremists whose six-year-old insurgency has killed about 20,000 people and driven 2.3 million people from their homes.

Soldiers at all entries to Maiduguri make people get out of vehicles about 500 metres from their checkpoints and advance with hands raised above their heads.

In Cameroon, Communications Minister Issa Tchiroma Bakari said four teenage suicide bombers crossed into the country from Nigeria on Saturday and were approached by self-defence civilian fighters in the border town of Fotokol.

"When a member of a local vigilante committee made to stop them, one blew herself up, killing five members of a family," he said. "On hearing the explosion, soldiers fired into the air to frighten (any attackers). The three others panicked and detonated explosives tied round their bodies, but they only killed themselves."

The routine searches and checkpoints in place are believed to have prevented the suicide bombers from killing even more people. THE ASSOCIATED PRESS

Searches

Bombers have detonated explosives when stopped for searches that have become routine in parts of Nigeria and Cameroon **where suicide bombings have become near**-weekly tragedies.

LIBERIA

U.S scientists to probe new Ebola outbreak

Two experts from the U.S. Centers for Disease Control and Prevention are going to Liberia to determine the cause of new Ebola cases confirmed last week, two months after the country was declared free of Ebola transmission for a second time, a Liberian health official said Monday.

Liberia requested U.S. assistance after three new cases were reported on Friday, said Dr. Francis Kateh, the country's chief medical officer and acting head of Liberia's Ebola Case Management System. One case is a 15-year-old boy from Monrovia, who officials initially said was 10 but now say is 15. The boy's father and brother also have tested positive and have been taken to the same treatment centre along with his mother and two siblings.

More than 150 people have been identified as potentially at risk of contracting the disease in connection with the new cluster of cases. THE ASSOCIATED PRESS

UNITED STATES

Lawyers launch $15M suit for boy arrested for clock

Attorneys for the 14-year-old Muslim boy arrested after taking a homemade clock to his Texas school say he was publicly mistreated and deserves $15 million.

A law firm representing Ahmed Mohamed sent letters Monday demanding $10 million from the city of Irving and $5 million from the Irving Independent School District.

The letters also threaten lawsuits and seek written apologies.

Ahmed took his clock to school in September, and an educator thought it could be a bomb. Ahmed was arrested but never charged. He was also suspended from school.

The family accepted a foundation's offer to pay for Ahmed's education in Qatar and has since moved to the Persian Gulf country.

Messages left for Irving's city attorney and the district weren't immediately returned Monday. THE ASSOCIATED PRESS

Ahmed Mohamed

ARE YOU BETWEEN
18 AND 65 YEARS OF AGE?
We are currently recruiting healthy, non-smoking men and women 18-65 years old to participate in clinical studies.
You could be paid between $1000 and $7000 upon completion of the study.
Compensation depends on the length of the study.
CLICK
www.pmri.ca
CALL
416.759.5554
PHARMA MEDICA
RESEARCH INC.

Tragedy puts spotlight on jade mines

MYANMAR

Industry under fire after 113 workers killed in landslide

Soldiers, police and volunteers pulled body after body from the rubble Monday, as the death toll from a landslide near several jade mines in northern Myanmar reached at least 113, a local official said. More than 100 others were missing.

The collapse early Saturday in Kachin state's mining community of Hpakant was the worst such disaster in recent memory. The corpses were taken to a morgue, where friends and relatives broke down as they identified the victims. There were stacks of unidentified bodies wrapped in blue plastic tarps.

Kachin is home to some of the world's highest-quality jade, and the industry generated an estimated $31 billion last year, with most of the wealth going to individuals and companies tied to Myanmar's former military rulers.

The accident occurred at a 60-metre-high mountain of earth and waste discarded by several mines. Earlier, officials said the dead were mostly men who were picking through the waste and tailings in search of pieces of jade to sell.

Nilar Myint, a township administrator, said that by Monday the death toll had reached 113, with more than 100 missing. "Local people in town are getting angry, because there are just too many bodies," she said.

THE ASSOCIATED PRESS

Excavators search for bodies of miners as workers gather Sunday in Myanmar. ELEVEN MEDIA GROUP/THE ASSOCIATED PRESS

PHILIPPINES

Militants jailed as manhunt ramps up

Philippine police and military officials said Monday they were pressing on with a manhunt for about 30 kidnapping suspects after three Muslim militants were convicted of the 2011 abductions of an American woman, her teenage son and a Filipino relative vacationing in the country's south.

A regional court convicted the three Abu Sayyaf militants last week and sentenced them to life in prison for the July 12, 2011, kidnappings of Gerfa Lunsmann, her American son Kevin and her Filipino relative Romnick Jakaria from an island beach cottage off Zamboanga city.

Regional government prosecutor Peter Medalle said the convictions would serve as a warning amid a series of kidnappings for ransom by the Abu Sayyaf of foreign and Filipino hostages which have raised security alarms in the southern region home to a decades-long Muslim separatist rebellion.

"One of these convicted militants is also known for his bomb-making skills," Medalle said. "It's a relief that they would now be put away and not pose any danger to society."

> **"It's a relief that they would now be put away and not pose any danger."**
> Peter Medalle

Police Senior Superintendent Angelito Casimiro of Zamboanga city said government forces were hunting about 30 other militants involved in the kidnappings, including an Abu Sayyaf commander, Puruji Indama, who has been linked to bombings and beheadings.

Army Col. Rolando Joselito Bautista, a military commander in the nearby island province of Basilan, where the three hostages were held in the militants' jungle encampments, said his forces were working to track down the rest of the suspects, along with other Abu Sayyaf militants wanted for various acts of terrorism.

The Abu Sayyaf is also suspected of kidnapping two Canadians, a Norwegian and a Filipina from a marina in the south in September.

THE ASSOCIATED PRESS

AFRICA

Obama puts sanctions on Burundi ringleaders

U.S. President Barack Obama is imposing sanctions against individuals in Burundi the U.S. says are contributing to violence in the African nation.

Among those targeted by the move, which included an asset freeze and visa restrictions are Burundi's minister of public security as well as a leader of the country's national police.

Burundi has been racked by violence since April when President Pierre Nkurunziza announced he would seek a third term, sparking violent street clashes and a failed coup attempt. According to the United Nations, at least 240 people have been killed since the violence broke out.

The White House says Burundi is "on the precipice" and called on all sides to reject violence and reach a political solution to the crisis.

THE ASSOCIATED PRESS

Supercharge your savings.

Accelerate your savings with 1.75%* interest on new deposits into select accounts for a limited time.

Talk to an advisor today.
cibc.com/savings • at a branch • 1 888 490-2422

#FitsYourLife

Banking that fits your life.

CIBC

*Combined bonus and regular annual interest rate paid on net new deposits made to a CIBC eAdvantage® Savings Account ("eSA"), CIBC TFSA Tax Advantage Savings Account® and/or CIBC RRSP Daily Interest Savings Account. Bonus and/or regular rates may change at any time without notice. All interest rates are calculated daily and paid monthly; however, on the eSA, regular interest is earned only on days when the account's closing balance is $5,000 or more. Bonus interest on the eSA is earned until Feb 29/16 and only on days when net new deposits exceed the closing balance as of Oct 30/15. Bonus interest on the other accounts is earned until Mar 31/16 and only on days when net new deposits exceed the closing balance as of Nov 1/15. Other conditions apply. ®Registered trademark of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

Officials remove a man from the scene following the playground shooting in New Orleans' 9th Ward on Sunday. MICHAEL DEMOCKER/THE ASSOCIATED PRESS

Police puzzled by playground chaos

UNITED STATES

Motives still a mystery after wild shootout in New Orleans

Authorities are still trying to determine what touched off a shootout between two groups of gunmen that wounded 17 people in a crowded New Orleans park, a police spokesman said Monday.

The mayor called on witnesses to come forward, but by late Monday morning nobody had offered either video of the shootout or descriptions or IDs of the gunmen, officer Frank Robertson said.

None of the injuries is believed to be life-threatening. Robertson did not know how many people were hospitalized or any details such as their ages.

Hundreds of people were gathered Sunday evening at Bunny Friend Playground — most for a block party and some for the filming of a music video — when two groups in the crowd opened fire on each other, police said.

Police were on their way to break up a big crowd there when gunfire erupted at the park in the city's 9th Ward, the police said in a statement.

> **That's just not something you can tolerate in the city.**
> Mitch Landrieu

Mayor Mitch Landrieu, speaking at a news conference aired on WWL-TV, called on people who were in the park to come forward with information. Police have also asked people with any video of the shooting to bring it to police.

"At the end of the day, it's really hard to police against a bunch of guys who decide to pull out guns and settle their disputes with 300 people in between them. That's just not something you can tolerate in the city," Landrieu said.

"It's going to require the people who were in this park to basically say they've had enough and they're not going to put themselves in harm's way and give us information so that the police can do their job," the mayor said.

Ten people were taken to the hospital in ambulances, and the others went in private vehicles, police said. Photos of the scene showed emergency workers wheeling some of the wounded on gurneys while other people who appeared to be in pain lay on the ground.

Large stadium lights lit up the park Sunday as police continued to analyze the crime scene. Witnesses told police the gunmen ran off after the shooting was over.

As many as 500 people could have been in the park when the shooting happened, Police Chief Michael Harrison said.

THE ASSOCIATED PRESS

CREATE A CLIMATE OF CHANGE
It's time to decide our future.
Together, we can take action to change the future for our planet and all who live on it.
CANADIAN CATHOLIC ORGANIZATION FOR Development and Peace
devp.org

Nestle study admits abuse of workers

SEAFOOD SUPPLIERS

Company vows to pursue solutions aggressively

Impoverished migrant workers in Thailand are sold or lured by false promises and forced to catch and process fish that ends up in global food giant Nestle SA's supply chains.

The unusual disclosure comes from Geneva-based Nestle SA itself, which in an act of self-policing planned to announce the conclusions of its year-long internal investigation on Monday.

The study found virtually all U.S. and European companies buying seafood from Thailand are exposed to the same risks of abuse in their supply chains.

Nestle SA, among the biggest food companies in the world, launched the investigation in December 2014, after reports from news outlets and non-government organizations tied brutal and largely unregulated working conditions to their shrimp, prawns and Purina brand pet foods.

Nestle is not a major purchaser of seafood in Southeast Asia but does some business in Thailand, primarily for its Purina brand Fancy Feast cat food. JOHN RAOUX/THE ASSOCIATED PRESS

The labourers come from Thailand's poorer neighbours Myanmar and Cambodia. Brokers illegally charge them fees to get jobs, trapping them into working on fishing vessels and at ports, mills and seafood farms in Thailand to pay back more money than they can ever earn.

"Sometimes, the net is too heavy and workers get pulled into the water and just disappear. When someone dies, he gets thrown into the water," one Burmese worker told the non-profit organization Verite commissioned by Nestle.

"I have been working on this boat for 10 years. I have no savings. I am barely surviving," said another.

Nestle said it would post the reports online — as well as a detailed year-long solution strategy throughout 2016 — as part of ongoing efforts to protect workers. It has promised to impose new requirements on all potential suppliers and train boat owners and captains about human rights, possibly with a demonstration vessel and rewards for altering their practices. It also plans to bring in outside auditors and assign a high-level Nestle manager to make sure change is underway.

THE ASSOCIATED PRESS

TAXATION

Pfizer and Allergan deal sparks outcry

A $160-billion deal announced Monday to merge Pfizer and Allergan and create the world's biggest drug company renewed the outcry in Washington over "inversions," in which U.S. corporations combine with companies overseas to lower their tax bill.

The combination — the second-largest merger in history — could have ramifications around the globe, pushing up drug prices and spurring more such deals in the fast-consolidating health-care sector and other fields.

It is also increasing the election-year backlash from U.S. politicians who have been blasting drugmakers recently over medicine prices that can exceed $100,000 a year.

In what would be the biggest inversion ever, New York-based Pfizer could save hundreds of millions in U.S. taxes annually because it would move its tax headquarters to Ireland, where Allergan is based. That would enable Pfizer to slash its tax rate from around 25 per cent this year to about 18 per cent.

THE ASSOCIATED PRESS

AUTO

Ford recalls midsize cars

Ford is recalling nearly 452,000 midsize cars in the U.S., Canada and Mexico because the gas tanks potentially can leak fuel.

The recall covers certain 2010 to 2011 Ford Fusion and Mercury Milan sedans built in Mexico from July 21, 2008, through March 4, 2011.

THE ASSOCIATED PRESS

market minute

DOLLAR 74.78¢ (-0.15¢)

TSX 13,382.38 (-51.11)

OIL $41.75 US (-0.15¢)

GOLD $1,066.80 US (-$9.50)

NATURAL GAS: $2.343 US (+5.2¢)
DOW JONES: 17,792.68 (-31.13)

BUNCHEMS

Parents rail against toy that gets tangled in their kids' hair

Bunchems, a nominee for activity toy of the year in the 2016 Toy of the Year Awards. WWW.TARGET.COM

They're a popular toy for kids, but some parents are seeing red over Bunchems, a toy many say is getting tangled in their children's hair.

Bunchems are colourful balls that can be stuck together to build pets, bugs and other creations.

"A Toy Spawned From the Darkest Depths of Hell" is how one father described the toy in a scathing Amazon review, after he said he spent two hours trying to remove them from his daughter's hair.

"Buy this toy for someone if you hate them or their child," Ethan Benoit wrote on Sept. 6. "They bring pain and misery, tears, fighting, broken and ripped hair, and questions of one's sanity in handling life in general."

Arlene Biran, vice-president of marketing at Spin Master, the company behind Bunchems, said Bunchems are only intended to be linked to other Bunchems.

"The Bunchems packaging and directions clearly state: 'Caution: Keep away from hair. May become entangled.' We recently changed the colour of the warning to make it even more identifiable when opening the packaging."

Bunchems are recommended for children aged 4 to 9.

After hearing about the hair tangles, Spin Master released a video on YouTube at youtu.be/S41FjIpPJTo on how to remove them from hair. The company's instructional video says vegetable oil and conditioner are your best bets to get them out.

But the company's suggested fix hasn't worked for everyone.

"This didn't work and had to cut a client's beautiful hair. Bad product!!" one YouTube user commented on the video.

"Conditioner and oil only made it worse," another said.

Not everyone is blaming the company for the problem, though.

"Are you that inattentive of a parent that 5+ of these balls are getting stuck in your kid's hair? Is this really the manufacturer's fault? No, it's a parenting fail," L. wrote in an Amazon review.

"There's plenty of warning about Bunchems and hair. We've had them for two months now and that's never been an issue, even when we've had play dates it wasn't an issue. Overall, I hate to see them getting a bad rap because they really are fun, not messy, encourage creativity and keep my child engaged," another parent wrote.

TORSTAR NEWS SERVICE

your city just got shoppable.

urban swag for the new metropolitan

mymetrostore.ca shop your city

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

URBAN PLANET

PRE BLACK FRIDAY SALE

40% OFF ALL WINTER BOOTS

TODAY ONLY!
IN STORE AND AT
URBAN-PLANET.COM

Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

metro VIEWS
Your essential daily news
Tuesday, November 24, 2015

EMMA TEITEL: ON THE PARIS TALKS

Whether our government changes its policies in any meaningful way regarding the oilsands or any other environmental issue, how much does policy matter in combatting climate change if people, by and large, do not give a damn?

On Monday, Trudeau met with Canadian premiers to discuss a problem most people (myself included) either ignore completely or lament for 30 seconds before changing the subject to more current, pressing matters.

That problem is climate change, the alleged End of Days brought to you by selfish, insatiable mankind. Trudeau will attend the climate change conference in Paris next week, but before he sets off, he'd like to showcase Canada's newfound environmental fervour to the wider world.

Of course not much has changed in the short time the PM has been in office; for now the Liberal government will pursue the same emission reduction targets proposed by the Conservatives under Stephen Harper. However, Trudeau has promised another climate change meeting with premiers 90 days after the Paris talks, at which more robust goals may be set. After all, Trudeau renamed the Ministry of the Environment the Ministry of the Environment and Climate Change, which many maintain was a deliberate and powerful attempt at battling climate change denial.

Minister Catherine McKenna wants incentives — and disincentives — for climate change plans. And yet, whether next week's Paris talks and subsequent meetings with premiers are fruitful — whether in fact, our government changes its policies in any meaningful way regarding the oilsands or any other issue pertaining to the environment — one has to ask: How much does policy matter in combatting climate change, if people by and large do not give a damn about it?

Some advice for Trudeau's new Ministry of the Environment and Climate Change: Less Inconvenient Truth, more Day After Tomorrow.

NOT SCARY We need a bit more fear-mongering about climate change, or ambitious targets to cut emissions will lapse as badly as people with grand plans to use a green bin, Emma Teitel writes. TORSTAR NEWS SERVICE

Unless you are a self-avowed environmentalist, chances are you do not think at length about melting ice caps and sinking cities worlds away. This doesn't mean you don't think these things are important; it means, much worse, that they don't scare you.

In fact, just over half of Canadians believe climate change is man-made — which is to say just over half believe we can do something to curtail it. And there's a big difference between declaring belief in a problem and changing your lifestyle or voting habits to curb that problem.

It's interesting that despite 32 years in politics and a charismatic high-profile leader, the Green Party has not inspired significant interest from the general public. Before the federal election, the National Post editorial board argued that the Greens' inability to "catch fire may lie more in public doubts about their policies or fitness to govern than any unfairness in the system." (Party leader Elizabeth May argues the Greens are routinely shafted by the country's electoral process).

There may be some truth to this theory, but isn't it far more likely that Canadians do not pay much attention to the Greens or the governing party's climate change plans because we perceive climate change as a far, faraway problem, scary only if you are in possession of impeccable foresight? It could be argued that the Green Party is a lot like the green bin: You know should give it a try, but you never get around to it.

The exceedingly lame climate-change joke — "Where is global warming when you need it?"— is all the rage on a sub-zero winter's day in Canada. And though it is just a joke told by many well-informed Canadians who would never question the veracity of climate change, there is a kernel of heartfelt resignation at its core. When your knuckles are dryer than the Sahara because it is freaking freezing outside and you've got a hundred and one things to do before dinner, you will not prioritize a global problem with no definitive solution that will affect you either in old age, or (better yet) in the grave. This isn't human avarice; it is human nature.

Which is why I'd wager that the only way world leaders and activists can change human perception of climate change, in addition to public policy, is through a healthy dose of fear-mongering. In fact, political fear-mongering, a tactic used in this country to prejudice us against a small minority of niqab-clad women, is actually prudent in the fight against climate change, a material threat that, unlike the others mentioned, will wreak havoc in our land.

Yet public rhetoric and activism around the issue seems to always appeal to the alleged nature lovers in us. Save the polar bears; preserve Canada's beauty; reduce, reuse, recycle. Some advice for Trudeau's new Ministry of the Environment and Climate Change? Alter your tone: less Inconvenient Truth, more Day After Tomorrow; less "Kumbaya," more FernGully: The Last Rainforest.

Scare us and scare us good, because if people can't find time to care about the fate of Mother Nature, they will always find time to care about their own.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

YOUR RIDE

It takes teamwork to stop bigoted nonsense on transit

Glyn Bowerman

Two women wearing hijabs were assaulted on the subway. Another man with a topi (a hat some Muslim men wear) was spat on while waiting for a streetcar. A GO train was defaced with anti-Muslim graffiti.

I'm sure we agree this is sickening. Painful, as well, that it's happening in our city, which celebrates multiculturalism in its very motto: "Diversity our strength."

Obviously this can't continue. Public transit is for everyone, and everyone has the right to feel safe using it.

The people on the train where the two women were attacked did everything right. They pressed the yellow bar each train car is outfitted with, signalling an emergency.

That's in contrast to an incident last September during which David Zancai, (known to some as "Zanta"), is alleged to have sexually harassed a young woman. According to a witness, a train car full of people looked on, until the witness herself intervened.

After the attacks in Paris, the TTC went on high alert. Security was increased in an effort to prevent any sort of terrorist attack — an obvious measure.

ISIL seems a million miles away, and there is a certain element, right here in our own city, that scares me far more, and it should be everyone's top priority.

It's a different kind of terrorist — the type of scared, ignorant cowards who are perpetrating these bigoted assaults.

On social media, the hashtag #IllRideWithYou, which originated in Australia after anti-Muslim sentiment flared up there, has re-emerged in Toronto circles. A Facebook group called BuddyUpTO has been created to connect people, so they are able to travel the city in safety.

It's on all of us to look out for each other, to call out bigoted behaviour and offer help where its needed. It's heartening that many Torontonians have responded in exactly this way, though it's heartbreaking this violence occurs at all.

Let's be there for each other, and stop this nonsense wherever it occurs.

If you see something, say something.

It's on all of us to look out for one another, to call out racist behaviour and offer help where it's needed.

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine. Follow him on Twitter @Banquos_Banquet

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO EASTERN CANADA
Greg Lutes

MANAGING EDITOR TORONTO
Angela Mullins

ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

NEW Philosopher cat now at www.mymetrostore.ca

metro LIFE
Your essential daily news

Over 600 babies in Japan wriggled to the finish line in the world's largest crawling contest on Monday

Strategize your holiday eating

HEALTH

Fight excess through moderation, mindfulness

Devon Scoble
For Metro

It's January 1st and you're hungover, bloated, and one cookie away from total self-loathing; you'd be lost if not for those resolutions you're definitely starting tomorrow.

If that sounds familiar, then "why not fix it before you break it?" and start your New Year's resolutions today, asks The UnDiet Cookbook author Meghan Telpner.

"It might not be 100 per cent, but you're exploring your options so that when the holidays come you already have a sense of moderation."

Thinking about New Year's eating resolutions? Why not start early and approach the holidays with more moderation? ISTOCK

Home is where the heart and hips are healthiest

A November 2014 study published in Public Health Nutrition found that people who frequently cook at home "consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all. "

While you're at it, Telpner suggests batch-cooking healthy soups, stews and sauces.

Stock your freezer so you can alternate future festive fare with wholesome home cooking.

Flavours worth savouring

Multiple studies show that mindful eating — paying attention to the experience of dining — helps reduce caloric intake.

"If we help ourselves to a delicious sweet, we should really appreciate its colour, its shape, and the time and energy that went into making it," says naturopathic doctor Leslie Solomonian. Follow this approach and you'll not only eat less — you'll enjoy more.

Healthful holiday mind games

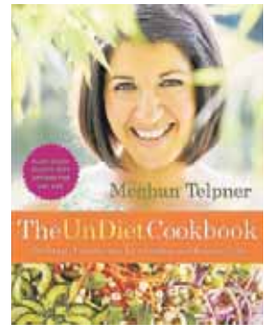
Many of us of alleviate stress by consuming, says Solomonian, especially around the holidays.

Each time you reach for a treat, she suggests asking yourself "what is it that I'm thinking or feeling now? Am I genuinely hungry or am I feeling bored? Or angry? Or worried?"

Practice now before the emotional intensity of the season ramps up.

"It's not just about diet and exercise," reminds Telpner, "but also the mind."

Seeking moments of quiet, or exercising — which benefits body and mind — will also help you manage temptations and frustrations.



It is not just about diet and exercise, but also the mind.
The UnDiet Cookbook author Meghan Telpner

Kindness is key

Compassion is essential to breaking the cycle of excess and denial, says Solomonian, and can be practiced in many ways. Focusing on positive behaviours — eating more vegetables, enjoying more outdoor exercise — is more satisfying than simply eliminating "bad" habits.

Occasional overindulgence isn't the worst thing either, so don't beat yourself up if you do go overboard. Just down a big glass of water and remember that a balanced life is the gift that keeps giving.

your city just got shoppable.
urban swag for the new metropolitan
mymetrostore.ca
shop your city

URBAN PLANET
PRE BLACK FRIDAY SALE
40% OFF ALL WINTER BOOTS
TODAY ONLY!
IN STORE AND AT URBAN-PLANET.COM
Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

tiff.40

MAKEOVER VS. EDITION

Vote for your favourite and join us December 8 at 9pm for the screening of the ultimate makeover film – title to be announced!

PRETTY WOMAN
NOVEMBER 24 9PM

SHE'S ALL THAT
DECEMBER 1 9PM

™Toronto International Film Festival Inc.

Your votes decide!
DECEMBER 8 9PM

GET YOUR TICKETS
TIFF.NET/VERSUS
416 599 TIFF
TIFF prefers Visa.

LEAD SPONSOR Bell
MAJOR SPONSORS Royal Bank, L'ORÉAL PARIS, VISA
MAJOR SUPPORTERS Canada, Ontario, TORONTO

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Olivieri Pasta Sauces

The sauce you pour over your pasta makes the meal. While most of us don't always have the time for homemade sauce, there are fresh store-bought options that even the most traditional Italian grandmother will approve of! Olivieri sauces are made without artificial ingredients or colours and are found in the refrigerated section of your grocery store. They can be microwaved and leftovers can be frozen. Fettucine Alfredo sauce might seem like the option to skip, due to the creamy texture, but take another look:

PICK THIS

Olivieri Classic Alfredo Sauce (1/2 cup)

Calories 160
Fat 13g
Saturated fats 8g
Sodium 450mg

SKIP THIS

Olivieri Basil & Cheese Pesto (1/3 cup)

Calories 540
Fat 54g
Saturated fats 10.5g
Sodium 1080mg

HERE'S WHY

Equivalent — contains as much fat as 5 McCain Deluxe Pizza Pockets

Pesto may seem like a lighter option than a creamy Alfredo, but the main ingredients are oil and cheese, which accounts for the excess calories, fat and saturated fat. While pesto should be used more sparingly than a traditional sauce like Alfredo, we often add way more pesto then necessary. Though oil is heart healthy, it's not hip healthy! So enjoy the creamier sauce this time around and keep the pesto for adding a dollop over your foods.

Vegan from scratch

DIY VEGAN

Cookbook shares tips on creating plant-based staples

Clockwise from bottom left: Date and Fig Cashew Cheese, Spicy Jalapeno Cheese, Cultured Nut Cheese and Cheddar Cheese. HANDOUT/THE CANADIAN PRESS

Nicole Axworthy and Lisa Pitman grew tired of scrutinizing food labels to ensure products adhered to their vegan diets.

They decided the only sure bet was to steer away from the store and towards the kitchen to customize their own homemade plant-based cuisine.

"I think one of the biggest things that we see in the food industry is the overabundance of processed foods and fast foods," said Axworthy.

"We really wanted to break it down and make it simple for people. And show people that it's easy, that you can still enjoy nachos and mac and cheese and cereals and all those things with basic ingredients."

The Toronto-based pair feature 135 recipes for everyday food staples free of animal byproducts in their new cookbook DIY Vegan (St. Martin's Griffin).

The cookbook offers a comprehensive breakdown of vegan pantry essentials including natural sweeteners; oils and fats; nuts; dried fruits; vinegars; oats, quinoa and millet; and flours derived from almond, buckwheat or chickpeas.

Once the pantry is stocked, readers can start off with the basics such as making their own dairy-free milks and cheeses, broadening into breads, dressings, sauces, seasonings and condiments, and rounded out by comfort foods like mac and cheese, pizza and desserts.

With the holiday season coming up, some individuals hosting dinners may be unsure of what to prepare for vegan guests.

"One thing that the host can do is just make some easy substitutions. For example, replacing the butter for vegetable-based oils, or putting the cheese on the side for people who want it ... or replacing the chicken broth with vegetable broth."

Cashew-based cheeses teamed with crackers would be "an awesome holiday appetizer," Axworthy added.

THE CANADIAN PRESS

5 OFFBEAT WORKOUTS TO KEEP YOU MOVING ALL WINTER

Baby, it's cold outside! While the weather is frightful these five fitness trends are delightful. Metro has rounded up some indoor workout options to keep your blood pumping this winter. From swimming and scrambling, to "serving all this, swerve, surfing all in this good, good" like Beyoncé sings. TORSTAR NEWS SERVICE/METRO

1 Mermaid madness

Slipping into a mermaid suit and swimming across a pool might sound like something out of a fairy tale, but some consider it serious fitness. Halifax, Ottawa, Toronto, Winnipeg, Calgary, Vancouver are all home to their very own mermaid swimming school where patrons who are willing to shell out the cash can get an aquatic workout.

2 Indoor obstacle courses

At some point, as you slog your way through thigh-deep mud, scramble under barbed wire or try to scale a very high wall you might stop and wonder just where your fitness plan got so off track. Obstacle courses like Tough Mudder have taken off in recent years and Toronto's 10,000 square-foot indoor training centre Pursuit OCR now offers year-round access to a course.

3 Being Beyoncé

If booty popping and sassy walking is more your speed, Toronto-based actor and drama instructor Nicky Nasrallah teaches classes featuring Beyoncé's dance routines so everyone can learn how to run this world like Queen Bey.

4 Footloose and fancy free

If all else fails and there's always Prancersise, a musical combination of prancing and ankle weights. If you're having trouble visualizing what a rhythmic horse's gait might look like, check out John Mayer's music video for his 2013 single Paper Dolls, which features Prancersise's creator Joanna Rohrback showing off "a prance to romance to."

5 Workout wave of the future

Surfset Toronto provides a form of fitness that's totally radical. For those looking to hang 10 — or just lose 10 pounds — the gym offers lessons atop moving surfboards that recreate the feel and challenge of surfing.

NEUROGASTRONOMY

How the brain adds flavour

Neurogastronomy is a relatively new phenomenon in the worlds of neurology and culinary expertise. It seeks to understand taste preferences and how the experience of eating could be modified by factors other than taste and smell.

Neuroscientists at the University of Kentucky in the U.S. and a number of renowned chefs have undertaken an experiment to see how patients with taste impairments could recapture the joy of food. They announced their conclusions at a symposium organized by the International Society of Neurogastronomy which was held in Lexington earlier this month.

During this event, participants could visit eight tasting stations which demonstrated how our perception of flavours is not just influenced by the palate and the tongue. The participants covered their eyes and nose, sniffed scent jars, and at ate while listening to different genres of music.

BRAIN FOOD

The brain uses all the senses to perceive flavour. Researchers are interested in modifying the eating experience by taking all of them into account.

The aim was to explore the possibilities of improving the quality of life for patients who had lost their sense of taste or smell as a result of chemotherapy, brain lesions, a stroke, or neurological diseases like Alzheimer's and Parkinson's. And teams of neuroscientists, chefs and cancer patients competed with each other to make food that would appeal to the taste-impaired. AFP

URBAN PLANET
PRE BLACK FRIDAY SALE
40% OFF ALL WINTER BOOTS
TODAY ONLY!
IN STORE AND AT URBAN-PLANET.COM
Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

Group rowing is the new spin class

FITNESS

Advocates say it's low impact and works the whole body

Eva Kis
Metro | New York

Despite how it looks, the effort of rowing comes 60 per cent from the legs, 30 per cent core and just 10 per cent arms. ISTOCK

Gyms have been moving their equipment into classes for a few years now, from SoulCycle's stationary bikes to the recent spate of treadmill studios. Now a new star is emerging — and it could be the best workout yet.

"If I was locked on an island with only one piece of equipment to keep me in shape, rowing is what I would be doing because it does hit everything I need," says Eric Von Frohlich, co-owner of the boutique studio Row House.

Rowing was actually his dirty little secret back when he was a cycling instructor 10 years ago.

"I needed something that was a little more full-body," he recalls, so he sought out CrossFit, which led him to rowing.

He opened Row House in New York in March 2014 with his wife and business partner, Debra Strougo Frohlich, and they've just expanded to a second location last month. On the lines of gleaming Concept 2 machines, they teach classes focused on rowing intervals. They promise a strength and cardio workout that engages 88 percent of the body's muscles and burns up to 600 calories per session.

"The reason we really got into rowing is we saw across the board how helpful it was as a piece of apparatus for so many different points in life and for so many different populations," explains Strougo Frohlich. "And especially because we are New Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is."

> **We are New Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is.**
> Debra Strougo Frohlich, Row House

If you're starting from zero

Everything about the rowing experience is controlled by the user; Strougo Frohlich calls rowing the cardio version of yoga or Pilates. The pace is set by the user — the machine doesn't keep moving when you stop, like a treadmill or spin bike — and risk of injury is minimal because your feet are strapped into place and your knees and ankles remain aligned, with no chance of twisting or torquing.

"It really comes down to what you want to put into the activity," says Von Frohlich. "You're not limited by the equipment; you're limited by your fitness level and your ability to push as hard as you want to push. And that's something that's kind of beautiful and unique about it."

If you're trying to lose weight

Whether you have a little weight to lose or a lot, exercise can be unpleasant for many reasons. The constant jiggle of extra fat is not only uncomfortable but can be embarrassing, while the simple fact that you're carrying around more weight is tough on joints that would already be stressed by workouts like running.

On a rower, you're not only sitting — on a seat that's much larger than a spin bike — but the motion is virtually no-impact and your center of gravity is low, keeping you more stable.

"When you're on a rowing machine, you don't have gravity pulling down on you that way," Strougo Frohlich explains. "You don't feel like you're putting stress on your body; you feel like you're almost weightless."

Why take a class

Some rowing enthusiasts find they get into a Zen headspace — Strougo Frohlich calls it "almost meditative" — but many find the repetition monotonous and give up due to boredom. A rowing class adds a social aspect, creates a high-energy environment and mixes rowing with other exercises.

The classes at Row House, with beginner and experienced levels, have participants get off the machines for intervals of squats, lunges, stretching of the hips and hamstrings, and push-ups. "What we're doing off the rower is building up your ability to spend more time on the rower," she says.

If you sit all day

Sitting is the new smoking, as study after study has shown, affecting everything from brain function to raising your risk of diabetes — so more sitting may seem counter-intuitive.

But that's how rowing targets some of the problems that people who sit for most of the day can develop. "The (rowing) motion is something that just about everyone needs, which is posterior strength and opening/closing of the hips," says Von Frohlich.

When you push back on a rower, you're loosening up your tight hamstrings, sitting at the optimal 90-degree angle and engaging the shoulder, back and core muscles. (Despite how it looks, the effort of rowing comes 60 percent from the legs, 30 percent core and just 10 percent arms.) It all adds up to better posture while seated, standing taller and reducing stress on the neck.

If you're looking to get toned

Strougo Frohlich stopped doing spin classes and put on almost 40 pounds during her last pregnancy four years ago. When it came time to get back in shape, she found that rowing not only improved her out-of-whack posture but could do what the bike could not.

"Once I got used to the rowing machine, I saw that it was getting all the hard-to-reach areas that a spin bike just never gets," she says. "You continue to strengthen your legs, your core and your upper body, which is really what you need for life, granted, but also for carrying a new baby."

FEET

Going barefoot prevents injuries: Researcher

Walking barefoot helps to improve balance, posture and prevent common foot injuries, according to an American researcher.

Patrick McKeon, a professor at Ithaca College's School of Health Sciences and Human Performance in New York, says that the more people go barefoot at home, in the office or outside, the healthier their feet will be. He believes that the small, often overlooked muscles in the foot play a vital but underestimated role in movement and stability, similar to the core muscles in the abdomen.

The researcher explained their importance by describing the cycle of feedback between the large "extrinsic" muscles in the legs and feet, the smaller "intrinsic" muscles in the feet, and the neural connections that send information from them to the brain.

When this cycle is broken, it can lead to overuse injuries that most athletes are familiar with.

Shoes can also have a negative effect on this cycle, McKeon explained. "When you put a big sole underneath, you put a big dampening effect on that information. There's a missing link that connects the body with its environment."

Without the information provided by the small muscles in the foot, the larger muscles over-compensate and over-exert beyond the point of their natural ability to maintain and repair themselves. And when these muscles are no longer able to absorb the forces of activity, the forces are transferred to the tendons, bones and ligaments, resulting in an increased risk of injury.

McKeon says that the only way of reintroducing this link and reactivating the cycle is to take off our shoes and strengthen the muscles in our feet by walking barefoot.

Exercises consisting of shortening the foot by squeezing the ball of the foot towards the heel can be done anywhere at any time. They can be particularly beneficial for injuries such as ankle sprain and shin splits (a wear-and-tear injury that is common in dancers and gymnasts).

The professor says that the benefits are not just physical, they can also be financial. Strong feet simply need enough support to protect them and grip the ground, no more than that. No need to invest in very expensive shoes.

He also recommends that five to 10 per cent of the distance in a running routine should be barefoot, with a transition phase using ultralight running shoes.

However, he suggests avoiding walking or running barefoot in winter, because the cold tends to anaesthetize any pain.

AFP

ISTOCK

WOMANHOOD

Jolie Pitt is all about menopause

Ned Ehrbar
Metro | Hollywood

It turns out Angelina Jolie Pitt — who has never shied away from talking about anything, even a double mastectomy — has found a new facet of womanhood to promote and take the stigma away from, and it's the change.

"I actually love being in menopause," the 40-year-old actress and director tells the Telegraph.

And if you think 40 is a bit young, she explains that her surgeries to prevent ovarian and breast cancer caused physical changes that triggered it early.

"I haven't had a terrible reaction to it, so I'm very fortunate. I feel older and I feel settled being older. I feel happy that I've grown up. I don't want to be young again."

We get it, Angie. There isn't anything out there you can't be cool with.

Angelina Jolie Pitt in By the Sea. The 40-year-old actor/director says she "loves" being in menopause. HANDOUT

JON SNOW

Game of Thrones teases with poster

Just when all that silly speculation about whether or not Jon Snow is alive on Game of Thrones had finally started to die down, HBO has to go and revive it all anew with this tantalizing new poster for the hit show's sixth season.

The image of a bloodied Snow (Kit Harington) with his face pointed downward doesn't necessarily say he's alive, but it at least suggests he'll play a role in the new season.

But we'll have to wait an annoyingly long time, as the poster's one concrete piece of information — the word "April" — tells us.

NED EHRBAR/FOR METRO HOLLYWOOD

GOSSIP BRIEFS

K-Fed disses Beyonce's looks

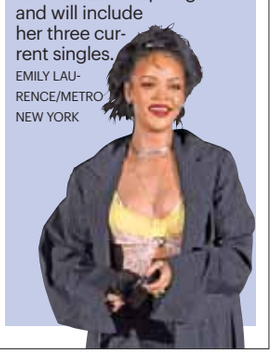
When sports blog Terez Owens tweeted about Beyoncé and Jay Z attending the Canelo vs. Cotto boxing match in Las Vegas this weekend, noted ex-husband of Britney Spears Kevin Federline decided it was the perfect opportunity to offer his unsolicited opinion about Bey's features. "She looked Botoxed," he tweeted. "So sad when a beautiful woman chops and screws her face up with Botox and surgery," followed by "#sawface."

NED EHRBAR/FOR METRO HOLLYWOOD

Will RiRi drop album on Tidal?

Rihanna fans have been speculating about when her next album will drop for months, and it seems that the wait may soon be over. Twitter is abuzz saying she will release a new album this Friday exclusively on Tidal and then release it on iTunes Dec. 4. With Apple Music courting celebrities such as Drake and Taylor Swift — both of whom dropped their albums early on the music service — it would be a bold move for Rihanna. The album — which will be called Anti — will be Rihanna's first album since 2012's Unapologetic and will include her three current singles.

EMILY LAURENCE/METRO NEW YORK



JOHANNA SCHNELLER WHAT I'M WATCHING

Afterlife bad news for The Leftovers

THE LEFTOVERS, SEASON TWO, EPISODE EIGHT (HBO)

Kevin Garvey (Justin Theroux) wakes up in a bathtub and slithers out, naked and choking.

Because he died at the end of episode seven, we know this must be, if not the afterlife, an afterlife. (If you haven't watched The Leftovers, put this down and go watch.)

For we devotees, this is a Significant Moment. It means that Kevin survives, which is good news. But it also means that, in the universe of this show, there's an afterlife.

To me that's bad news. Until now, there's always been one big mystery with no solution — one October day, many people on earth suddenly disappeared — plus countless little mysteries that those left behind have created in reaction to the big one.

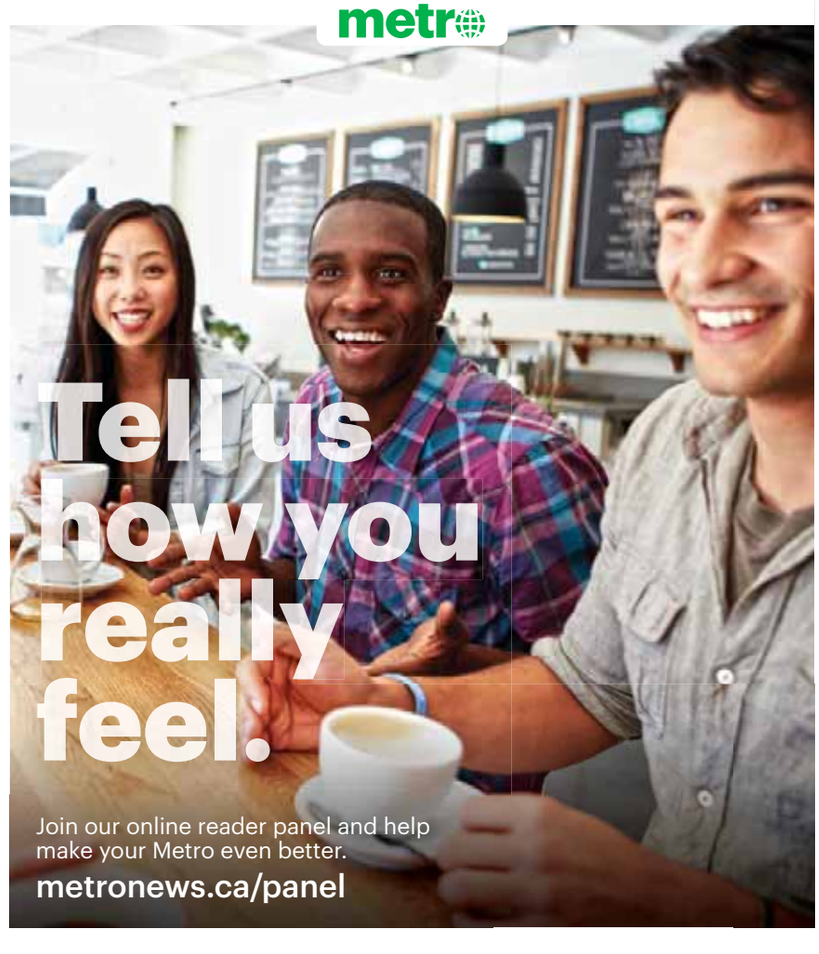
But the little mysteries always had earthly explanations. The show meted out details until they were solved, and the collective "Ohhh" you heard echoing through the televerse was earned. Mulling over episode six (which I did a lot this week — one pleasure of not binge watching), I'd decided there was a sad grandeur to Kevin's killing himself. He'd always struggled to continue living in a "normal" way, to resist the lunacy around him, to solve the mysteries.

Kevin Garvey's death could have been a moment to explore mortality. But no.

Then he bought into one, to the extent that he believed he could return from death. For a few minutes we viewers held our breath. When he died, this realization washed over me: "You bought in, too! Madness is contagious! How brilliant!"

I thought his death had meaning because it illuminated something about being mortal. But no. There's an afterlife now. Sigh.

URBAN PLANET
PRE BLACK FRIDAY SALE
40% OFF ALL WINTER BOOTS
TODAY ONLY! IN STORE AND AT URBAN-PLANET.COM
Discount applied to the original ticket price. Select merchandise only. Offer valid Nov. 24, 2015.

metro


metro SPORT

Sharks goaltender Martin Jones was named the NHL's first star of the week after going 3-0-0 with a 1.63 GAA and a shutout

B's bust Buds in shootout

NHL

Krejci once again a thorn in Leafs' side

David Krejci scored the shootout winner and Patrice Bergeron extended his point streak to eight games as the Boston Bruins downed the Toronto Maple Leafs 4-3 on Monday to sweep a home-and-home set.

Brad Marchand, with two, and Zac Rinaldo scored in regulation for the Bruins (11-8-1), who picked up a 2-0 win over Toronto in Boston on Saturday.

Joffrey Lupul, Leo Komarov and Tyler Bozak scored for the Maple Leafs (7-10-5).

MONDAY At ACC

4	3
BRUINS	LEAFS

Tuukka Rask made 39 saves for the win as James Reimer kicked out 26 of 29 shots in defeat.

Boston went 0-for-3 on the power play while Toronto failed to score on five chances with the man advantage.

The Bruins opened the scoring while shorthanded at 4:58 of the first period off a gaffe from Reimer.

Marchand started the play by getting Reimer to cough up the puck behind his net. The 27-year-old fed the it out front to Bergeron, who was initially stopped by Reimer before Marchand batted the rebound out of the air into a wide-open net.

Boston doubled its lead as Rinaldo beat Reimer short side with a snap shot from the off wing at 12:39.

The second period had a combined four goals in a 4:15 span.

Lupul cut Boston's lead in half with a snap shot through a screen that beat Rask blocker side at 11:54 of the second period.

The Bruins looked to have a sure goal only moments later but Reimer came up with his biggest save of the night by going post to post to stop Jimmy Hayes with his right pad.

A goal-mouth scramble led to Komarov putting home a loose puck at the side of the net to tie the game 2-2 at 12:56.

The Bruins restored their lead when Reimer let the puck squeeze through his pad and the post on a shot from Marchand at 14:40. The goal was originally credited to Landon Ferraro but was changed after review.

Bozak responded for the Leafs by wedging a rebound over Rask's right pad at 16:09 to once again tie the game. THE CANADIAN PRESS

The Maple Leafs' Roman Polak knocks down Loui Eriksson of the Bruins at Air Canada Centre on Monday night.
STEVE RUSSELL/TORSTAR NEWS SERVICE

IN BRIEF

Jays sign trio of players

The Toronto Blue Jays signed shortstop Jiovanni Mier, second baseman David Adams and first baseman Casey Kotchman to minor-league contracts on Monday.

All three players will get invites to major-league spring training.

Mier, 25, was selected in the first round (No. 21 overall) of the 2009 draft by the Houston Astros but has never played above the triple-A level.

Adams, 28, played 43 games for the New York Yankees in 2013.

Kotchman, 32, has played for six major-league teams over his career, most recently with the Miami Marlins in 2013. THE CANADIAN PRESS

Davis Cup set to go ahead amid terror alert in Belgium

The International Tennis Federation says the Davis Cup final is set to go ahead as planned in Ghent this weekend with increased security measures because of the terror alert in Belgium.

Belgium hosts Britain in the three-day final, starting Friday. Ghent is 56 kilometres from Brussels, which is on the highest state of alert because of what the Belgian government calls a "serious and imminent" threat.

In a statement, the ITF says it is "taking every necessary step to ensure the safety" of those at the final. THE ASSOCIATED PRESS

NBA

'Greedy' Warriors won't rest on laurels

Anyone who thought the Golden State Warriors would be content after winning one NBA title was sadly mistaken.

With Stephen Curry hitting three-pointers at a record-setting pace and the rest of his teammates playing with a high level of intensity and focus, the Warriors have tied the NBA record with 15 straight wins to open the season.

Somehow, they have found a way to improve following a season when they won 67 games and rolled through the playoffs without ever being taken to a seventh game.

> **We might go up there and we might play like gangbusters up there. You never know.**
> Lakers guard Kobe Bryant

"We're trying to win another championship," forward Draymond Green said. "That's what we're fuelled by. I think we've gotten greedy, but a good greedy. I think it's way better to be greedy for success than hungover on success. I think we're on the right end of the spectrum, which is great."

The Warriors have a chance to break the record they currently share with the 1948-49 Washington Capitols and 1993-94 Houston Rockets when they host the Los Angeles Lakers on Tuesday night.

After downplaying the chase of the record at the start of the season, Golden State has embraced it.

"Now that we're here and have tied the record, it's a huge accomplishment," Curry said. "You never know if you'll ever be in this position again. We have a great group and to be able to be in position to do something that hasn't been done in the history of the NBA with all the great teams and all the great players who have played in this league, that's special."

The only team standing in their way is the Lakers, who have the second-worst record in the NBA with just two wins in 13 games. THE ASSOCIATED PRESS

Stephen Curry and the Warriors have not taken their foot off the pedal since winning the championship last season.
EZRA SHAW/GETTY IMAGES

Giovinco bags newcomer award

MLS

Super Seba adds to Golden Boot and has real MVP shot

Sebastian Giovinco has scored prettier goals but his April 4 strike against the Chicago Fire, his first in Major League Soccer, offered a glimpse of what lay ahead.

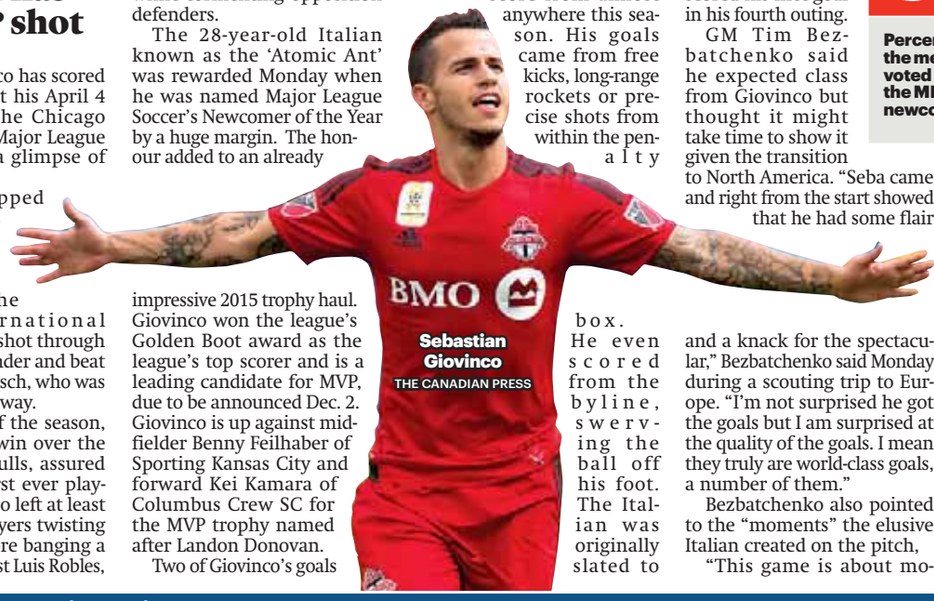
The goal capped a slick 17-pass sequence for TFC that criss-crossed the field before the Italian international forward poked a shot through the legs of a defender and beat goalkeeper Jon Busch, who was going the wrong way.

His last goal of the season, Oct. 14 in a 2-1 win over the New York Red Bulls, assured Toronto of its first ever playoff berth. Giovinco left at least four Red Bull players twisting in his tracks before banging a left-footed shot past Luis Robles, the MLS goalkeeper of the year. In between, Giovinco scored 20 more times in a spectacular rookie season in North America, elevating his own team while tormenting opposition defenders.

The 28-year-old Italian known as the 'Atomic Ant' was rewarded Monday when he was named Major League Soccer's Newcomer of the Year by a huge margin. The honour added to an already impressive 2015 trophy haul. Giovinco won the league's Golden Boot award as the league's top scorer and is a leading candidate for MVP, due to be announced Dec. 2. Giovinco is up against midfielder Benny Feilhaber of Sporting Kansas City and forward Kei Kamara of Columbus Crew SC for the MVP trophy named after Landon Donovan.

Two of Giovinco's goals are among the top eight in voting for the AT&T Goal of the Year, which is decided by a vote on MLSsoccer.com.

Giovinco proved he could score from almost anywhere this season. His goals came from free kicks, long-range rockets or precise shots from within the penalty box. He even scored from the byline, swerving the ball off his foot. The Italian was originally slated to arrive mid-season but ended up landing in time for the opening kickoff. He recorded an assist in the season opener and scored his first goal in his fourth outing.



Sebastian Giovinco
THE CANADIAN PRESS

83.1

Percentage of the media that voted Giovinco the MLS best newcomer.

GM Tim Bezbatchenko said he expected class from Giovinco but thought it might take time to show it given the transition to North America. "Seba came and right from the start showed that he had some flair and a knack for the spectacular," Bezbatchenko said Monday during a scouting trip to Europe. "I'm not surprised he got the goals but I am surprised at the quality of the goals. I mean they truly are world-class goals, a number of them."

Bezbatchenko also pointed to the "moments" the elusive Italian created on the pitch,

"This game is about moments and he made some special moments for our team this year."

The five-foot-four forward, who was ineligible for rookie of the year consideration because of his previous pro experience in Europe, was a runaway winner as top newcomer.

Giovinco got 67.27 per cent of voting by MLS club management, 83.1 from media, and 57.39 from MLS players for a weighted total of 207.76. Montreal striker Didier Drogba was second at 31.55 (14.55, 5.63 and 11.37) and Mike Grella of the New York Red Bulls third at 13.84 (3.64, 2.82 and 7.38).

It's the second year in a row that the newcomer award has gone to a Canadian-based player. Pedro Morales of the Vancouver Whitecaps won in 2014.

Giovinco set an MLS single-season record for most combined goals and assists (38). He was directly involved in 66 per cent of Toronto's 58 goals.

THE CANADIAN PRESS

WOMEN'S SOCCER

Olympic draw suits Canucks

Canada got a favourable draw Monday in its road to the Olympic women's soccer tournament. The Canadian women, ranked 11th in the world, were drawn in Group B with No. 48 Trinidad & Tobago, No. 84 Guatemala and No. 92 Guyana for the Feb. 10-21 CONCACAF qualifier.

John Herdman
THE CANADIAN PRESS

The top-ranked U.S., as host country, was placed in Group A with No. 26 Mexico, No. 34 Costa Rica and No. 115 Puerto Rico. The two finalists will represent North and Central America and the Caribbean at the 2016 Games in Rio de Janeiro. Canadian coach John Herdman said Canada will be favoured in its group. "When you put that together we are the strongest team in the group," he said. "And it's ours to lose."

THE CANADIAN PRESS

metro Service Directory To advertise contact Ian March at 416-443-4388

PSYCHIC

World Spiritual Astrologer & Psychic
Master: HARI KRISHNA 9th GENERATION PSYCHIC
NOBODY CAN BREAK MY PROTECTION, ITS MY CHALLENGE
Tells Past, Present & Future.
Health, Happiness, Love,Work
Family, Husband-Wife,Children
Jealousy, Money, Court, Sexual
Enemy, Lottery & Good Luck etc
SPECIAL: I WILL REJOIN LOVERS IN 9 DAYS
REMOVES BLACK MAGIC, JADOO, WITCHCRAFT,
EVIL SPIRITS & PROVIDES LIFELONG PROTECTION
647-299-7352
416-276-6233
2519 Finch Ave W, North York M9M 2G1 (FINCH & MILVAN)
Major Intersection - FINCH & WESTON

World Spiritual Astrologer & Psychic
Pandit: SAI SHANKAR
Call for FREE CONSULTATION
He can Handle any Problem:
Depression, Family, Husband-Wife
Love, Kids, Jealousy, , Health,
Sexual, Money, Court, Enemy etc
REMOVES BLACK MAGIC, JADOO, VOODOO, OBEYA,
JINN, EVIL SPIRITS & GIVES 100% PROTECTION
HOROSCOPE, PALM & FACE READING 100%
KNOW YOUR PAST, PRESENT, FUTURE.GUARANTEE
647-400-3459
2651 Islington Ave Etobicoke M9V 2X6
Next to Indian Bazar, Upstairs Bengali Sweets (ALBION & ISLINGTON)

Om Sri Sai Astrological Center
Pandit: SIDDHANANDA JI
Most Powerful Astrologer
Solves Problems like Health, Job, Love, Relationship, Depression, Business, Children, Family, Education, Money etc
HONEST ADVISE * MOST EFFECTIVE
PROVEN RESULTS * PERFECT GUIDENCE
Private & Confidential
Call for Appointment
Expert in Removing Black Magic, Jadoo, Vodoo, Witchcraft, Juju, Evil Spells & Gives 100% Full Lifelong Protection
647-825-7782, 647-926-3623
6 Brisdale Drive, Unit 207, Brampton, ON L7A 0S9 (BOVAIRD & BRISDALE)

Shiva Durga Astro Spiritual Gallery
Master: DHANRAJ
Expert in Palm Reading, Face Reading
Horoscope & Date of Birth
Love Psychic (Indian)
Specialist in Bringing Back Loved ones
Mastero Genius in Get Rid of Black Hearts, Black Magic, Jadoo, Butu, Obeya, Witchcraft, Voodoo, All types of Evil Spirits Etc
100 % Guarantee
He is Specialized to sort out Generation Curses & any Problem within 48 hours
647-532-2158
20 Nugget Ave,#2 Scarborough M1S 3B1 (VIRK Plaza), Behind Nallurkanda Swamy Temple (MCOWAN & NUGGET)

World Spiritual Astrologer & Psychic
Pandit: SAI GURU
I AM BORN TO SERVE PEOPLE
If you have any Problems, Meet me once & Get 1001% Immediate Permanent Solutions
1001% GUARANTEE
Love, Husband-Wife Relationship, Marriage, Court, Teenage Issues, Job, Money, Personal Matters Etc
Master Removes Black Magic, Jadoo, Vodoo, Tona, Obeya, Witchcraft & Gives 100% Lifelong Protection
Call: 647.719.1916
2891 A, Derry Rd East, #6, Mississauga ON L4T 1A6, Upstairs A & D Mart (AIRPORT & DERRY)

EDUCATION

Bursaries Available Now
Call to See If You Qualify
Be A Healthcare Professional In Months
- Personal Support Worker*
- Medical Office Assistant*
- Medical Office Assistant with Health Unit Coordinator Specialty*

* With Internship
647-691-0899
WWW.AOLTORONTO.COM
Academy of Learning Career & Business College (Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

Esthetician
Be Job Ready in Months
Downtown Open House, Gift Card for All Attendees
Thursday, November 26, 12 pm - 2 pm
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
YOUR TRAINING. YOUR CAREER. YOUR FUTURE.
Downtown: 647.691.0936
North York: 647.360.7198
ANDERSONCOLLEGE.COM
Anderson College of Health, Business and Technology is registered as a Private Career College under the Private Career Colleges Act, 2005 and is operated by Robetech Institute Inc. Not all programs are available at each location.

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com

WANT YOUR DEBT GONE?
WELKERANDCOMPANY.COM
WE'RE HERE TO HELP
✓ Erase your debt ✓ Stop collection calls ✓ Avoid bankruptcy
✓ Reduce your stress ✓ Stop garnishments ✓ Get a fresh start
FREE CONSULTATIONS
647-793-6411
MAIN OFFICE: 1969 WESTON ROAD, TORONTO
TORONTO | BRAMPTON | MISSISSAUGA | SCARBOROUGH | BARRIE
WELKER AND COMPANY
Federally Licensed: Proposal Administrator & Trustee in Bankruptcy

TOO MANY BILLS... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling
416-740-5400
Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough
KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY
905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com
FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS
Head Office: Rexdale, others non-resident

DEBT RELIEF
Are you drowning in debts?
I can help you...
- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
Evenings and weekends appointment also available
Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

LOWEST RATES for bad credit loans since 1984
Need a loan?
FAST Same day loans
Personal loans ▸ Up to $5000 (1 yr on job; $18/hr.min.req.)*
Car paid off? ▸ Up to $20,000 (car 6 years or newer)*
Open loans. Pay off early. Get refund.
416 634-2026 *Call for details and conditions
PrudentLoanApprovals.com
A division of Prudent Financial Services

CREDIT PROBLEMS?
REDUCE YOUR ALL YOUR DEBTS
EMPIREONE
www.empireonecredit.com
Consolidate All Your Debts
Into ONE Small Monthly Payment
& Pay NO Interest
416-900-2324
FREE ONE ON ONE CONSULTATION & FREE CREDIT CHECKS
TORONTO 250 CONSUMERS RD SUITE 810
NORTH YORK 1111 FINCH AV. W. SUITE 203
OSHAWA 67 KING ST. E. SUITE 2
MISSISSAUGA 165 DUNDAS ST. WEST

EMPLOYMENT

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!

CALL ERIKA
(LICENSED DEBT EXPERT)
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

Fun and Exciting Careers!
No experience necessary! full training!
Great Money!
Avg/$850.00
per WEEK plus bonus.
Now Hiring at Entry Level with a lot of room for growth.
Gain experience in consulting, customer service and sales.
Apply now! Alison Woods, Human Resources Manager
Phone: 416 290 6820

Place your Recruitment Ad with Us!
To place your recruitment ad with us
please email Graham Goddard at
graham.goddard@metromediasales.com
metro

1st, 2nd, Mortgages
TAX/MORTGAGE ARREARS
BANK SAYS NO ...WE SAY YES!!!
NEW HOME PURCHASE | HOME EQUITY LOAN

Gaetana (Nella) Lanzellotti
License# M14000424
Centum Mortgage Professionals License# 10266
www.Centum.ca/Nella_Lanzellotti
Nella.Centum@gmail.com
CENTUM
CALL OR TEXT
416.992.5104

HOME

Harry's PAINTING & DECORATING
1-Bedroom Apt. 2-Bedroom Apt. 3-Bedroom Apt.
$420 $500 $580
Includes materials and paint. Straight ceilings and walls in living room, hall, bedroom, kitchen and bathroom.
Seniors 5%off
647-871-5200
CALL 416-783-7981

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

PSYCHIC

ITS MY CHALLENGE,NOBODY CAN BREAK MY WORK
MISSISSAUGA ASTROLOGER
MASTER YOGI
Removes Any kind of Black Magic in 24 HOURS
Solutions: Jadoo, Voodoo, Obeya & Gives solutions for Family, Depression, Kids, Money,Job etc
HE CAN CLEAR ANY PROBLEM
647-768-7633
105 A Dundas St. E, Mississauga (Hwy 10 & Dundas), Next to DOLLARAMA

Most Powerful Indian Swamiji
Master: BABAJI
HIS DIVYA DRISHTI (DIVINE CONCIOUSNESS) Solves Problems.
* DEPRESSION * LOVE * MARRIAGE * DIVORCE
* FAMILY * HEALTH * SICKNESS * CHILDREN
* FINANCIAL * BUSINESS * PEACE OF MIND ETC
Babaji is Specialist in Agora Rudra Rituals & Removing Katoragni Black Magic,Evil Spirits, Shaitaan, Witchcraft, Obeya & Omen. (Positive Results are Guaranteed.)
ITS CHALLENGE, NOBODY CAN BREAK MY PROTECTION.
Scarborough 647-712-9009 Middlefield & Finch Next to Samosa king
Mississauga 647-710-9905

RECIPE One-Pot Chicken & Tomato Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This may be the simplest pasta recipe ever but it doesn't scrimp on flavour. And it only dirties one pot so it's basically perfection in the form of dinner.

Ready in
Prep time: 30 minutes
Serves 4

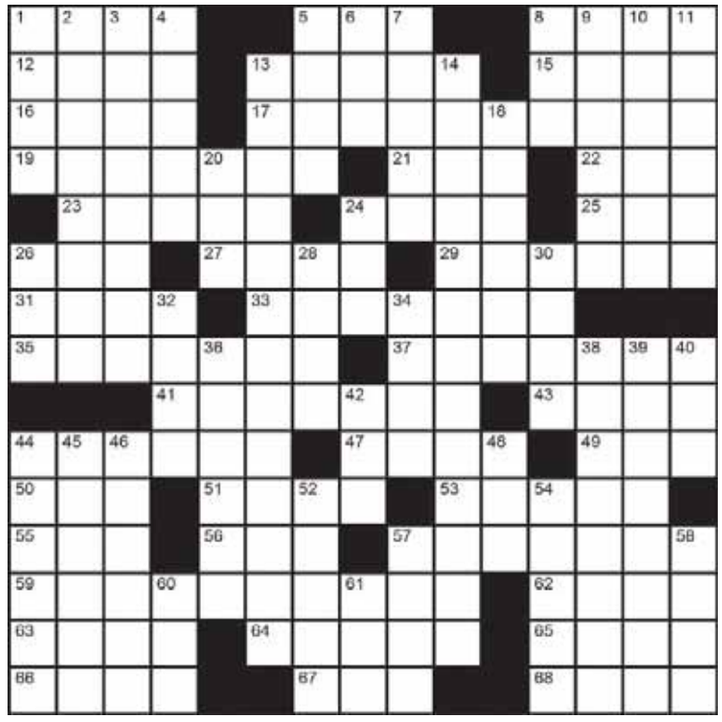
Ingredients
- 1 Tbsp olive oil
- 4 skinless, boneless chicken breasts, cubed
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 Tbsp fresh Thyme
- 1/2 cup white wine
- 1/2 cup chicken stock (or 1 cup of stock if you don't have or feel like using wine)
- 1 x 28 oz can of whole tomatoes
- 1 cup water
- 225 grams of dried pasta
- Salt and pepper to taste
- 1/2 cup mozzarella

Directions
1. Warm up your olive oil in a large, deep skillet over medium heat. Brown the chicken (you may need to work in batches).
2. Once all the meat is nicely browned (but not cooked through), add the garlic, thyme and mushrooms and let them soften up and kick off their juices. Now add the wine and/or stock, water and tomatoes. Break the tomatoes up with the back of a wooden spoon.
3. Bring the sauce to a bubbly simmer and add your pasta. As the pasta softens up in the heat, push it under the liquid. Depending on which pasta you're using it will take about 15 to 20 minutes. Taste and check seasoning.
3. Top with a big handful of mozzarella.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. A few
5. Set-__ (Arguments)
8. Sailboat part
12. Division
13. Mr. Fiennes of flicks
15. Regarding: 2 wds.
16. Mr. Voisine, Canadian singer
17. As per #41-Across... Is an alumnus of The Second City comedy troupe
19. Touch up/intensify
21. Boucherville buddy
22. 'Tsar' suffix (Russian empress)
23. Showbiz personality Ms. Shore
24. Perfectly, to __
25. Luba of "Royal Canadian Air Farce"
26. Zig's pal
27. Calligrapher's props
29. J.R., Sue Ellen and Bobby
31. Classic range cookers
33. Observes
35. Flamboyance
37. Like a not-erupting volcano
41. "Cityline" guest expert Ms. Smith (More at #17-Across and #14-Down!)
43. TV fuzz
44. Apple drinks
47. Care-_-__ (Care Bears home)
49. Dove's patter
50. Egg mass
51. Mormon Tabernacle Choir's state
53. Canadian singer Ms. Ord
55. Halifax's famous madam Ms. McCallum (b.1909 - d.1986)
56. Roman sun deity
57. Witty comeback
59. Triumphant
62. Use a wooden spoon
63. Strong as __ __
64. Marina vessel
65. Joy of Cooking author, __ S. Rombauer
66. Camp shelter
67. Bering, e.g.
68. Blinkers

DOWN
1. Certain
2. People of the Hills... One of the nations of the Haudenosaunee Confederacy
3. Madonna's home state
4. Mr. Hawke
5. Gentle
6. Raine Maida's band [acronym]
7. Mother Goose guy Jack
8. Avril's follower
9. Allocate
10. Dictation-taker, for short
11. Not yet tomorrow's
13. Like Canada's storied past: 3 wds.
14. Profession of #41-Across: 2 wds.
18. TV show fan
20. Book publisher, __ A. Talese
24. Prince Edward Island hrs.
26. Handle a laser
28. Second __ War (1899 to 1902 conflict)
30. Belief systems
32. Equivalent
34. Variant-spelled pastoral poem
36. Legendary tenor Enrico
38. Genealogist's specialty
39. Midday
40. One-plus-One
42. Sixth music syllable, variantly
44. Dapper piece of neckwear
45. Scrape application
46. Cleric with a wooden bench
48. Dance style
52. __ Grace (1996 Margaret Atwood novel)
54. Actress Ms. Perez
57. Industrial region of Germany
58. Ages
60. 'Plain' computer file extension
61. Calendar mo.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Someone you have always thought of as a rival will surprise you today by saying something that makes you feel good. Is it some kind of trick? No it is not. They really do want to be nice to you. Be nice in return.

Taurus April 21 - May 21
What happens today will convince you that what you've been working on is not what you should be doing. Now you're free to pursue something that is much more true to you.

Gemini May 22 - June 21
This is a good time for relationships, especially those that come from the heart. Today, give everything you have got and you will get it back in multitudes.

Cancer June 22 - July 23
If someone you thought you could trust has been telling tales about you behind your back then by all means cut your links with them. But make sure you know all the facts first.

Leo July 24 - Aug. 23
Do only what you want to do. The Sun in Sagittarius at this time of year means it's so easy to have fun, so get out and about, see and be seen and do something truly amazing.

Virgo Aug. 24 - Sept. 23
Important people are watching you and they will like what they see. They will like it even more if you give the impression that you are a team player and not just someone who is in it for themselves.

Libra Sept. 24 - Oct. 23
Your confidence will soar over the next few days and with both Mars and Venus moving through your sign a breakthrough of some kind cannot be far away.

Scorpio Oct. 24 - Nov. 22
If you get more than you deserve there's a cosmic reason for it. Could it be you did a favour for someone earlier in the year and, being the modest person you are, forgot about it? The universe never forgets.

Sagittarius Nov. 23 - Dec. 21
Ignore those who seem to enjoy preaching doom and disaster. Be positive and hope that your can-do attitude rubs off on those who seem to enjoy being negative.

Capricorn Dec. 22 - Jan. 20
The more you have been frustrated in the past the more you will enjoy yourself now. Appreciate your moment in the spotlight but remember: modesty is always attractive — and less likely to make you a target!

Aquarius Jan. 21 - Feb. 19
If you want to make a name for yourself it won't be too difficult. Today's Mars-Saturn link will bring out your ambitious side. You're on your way to the top.

Pisces Feb. 20 - March 20
Everything you believe in is being put to the test. It may be a painful process but it needs to happen so that you can reach a better understanding of who you really are.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3		1		4		9		2
			1					
	6						7	
			3		2		5	
9								8
	7		8		6			
	5						1	
					7			
2		4		8		7		6

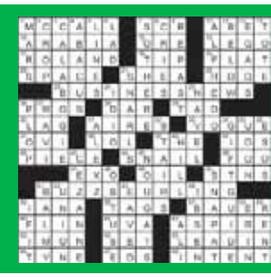
©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers.

for more fun and games go to metronews.ca/games



3	4	1	2	8	7	6	9	5
5	8	6	9	4	1	2	3	7
2	7	9	6	3	5	8	4	1
6	3	4	8	1	9	5	7	2
8	9	2	5	7	4	1	6	3
7	1	5	3	6	2	9	8	4
9	5	8	4	2	3	7	1	6
1	6	3	7	5	8	4	2	9
4	2	7	1	9	6	3	5	8

CHEVROLET

BLACK FRIDAY EVENT

NOVEMBER 13–30 **HURRY IN BEFORE THEY'RE GONE**

GET 20% OF MSRP CASH CREDIT ON SELECT 2015 MODELS IN STOCK THE LONGEST.[1]

= UP TO $11,005 CASH CREDIT ON SILVERADO LD CREW LTZ 4X4

ON SELECT

2015 SILVERADO

E.g. 20% = UP TO $11,005 CASH CREDIT
ON SILVERADO LD CREW LTZ 4X4
$55,025 MSRP

ALL REMAINING

2015 CAMARO

E.g. 20% = UP TO $9,580 CASH CREDIT
ON CAMARO 2SS AUTO W/ RS PACKAGE
$47,900 MSRP

ALL REMAINING

2015 SPARK

E.g. 20% = UP TO $3,449 CASH CREDIT
ON SPARK 1LT CVT
$17,245 MSRP

ALL REMAINING

2015 SONIC

E.g. 20% = UP TO $3,899 CASH CREDIT
ON SONIC LT AUTO
$19,495 MSRP

ALL REMAINING

2015 CRUZE

E.g. 20% = UP TO $4,764 CASH CREDIT
ON CRUZE LT W/ REMOTE STARTER
$23,820 MSRP

ALL REMAINING

2015 MALIBU

E.g. 20% = UP TO $5,751 CASH CREDIT
ON MALIBU LT W/ CONVENIENCE PACKAGE
$28,755 MSRP

ON SELECT

2015 IMPALA

E.g. 20% = UP TO $7,410 CASH CREDIT
ON IMPALA 2LT W/ PREMIUM SEATING, SAFETY & CONVENIENCE
$37,050 MSRP

ALL REMAINING

2015 TRAX

E.g. 20% = UP TO $5,242 CASH CREDIT
ON TRAX 1LT AWD
$26,210 MSRP

ON SELECT

2015 EQUINOX

E.g. 20% = UP TO $6,354 CASH CREDIT
ON EQUINOX 1LT AWD
$31,770 MSRP

ON SELECT

2015 TRAVERSE

E.g. 20% = UP TO $8,193 CASH CREDIT
ON TRAVERSE 1LT AWD TRUE NORTH EDITION
$40,965 MSRP

CHEVROLET.CA / **FIND NEW ROADS**

ALL 2015'S COME WITH CHEVROLET COMPLETE CARE:
2 YEARS/40,000 KM COMPLIMENTARY OIL CHANGES** / **5** YEARS/160,000 KM ROADSIDE ASSISTANCE▲ / **5** YEARS/160,000 KM POWERTRAIN WARRANTY▲

CHEVROLET

Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. 1Applies to oldest 15% of dealer inventory on Impala, Equinox, Traverse, Silverado LD Crew and Silverado HD Gas models as of November 10, 2015 and all remaining 2015 Spark, Sonic, Cruze, Malibu, Camaro, Trax and Silverado Double Cab. Valid November 13 2015 – November 30, 2015 on cash purchases of select vehicles from dealer inventory. Not compatible with special lease and finance rates. Credit is tax exclusive and is calculated on vehicle MSRP, excluding any dealer-installed options. By selecting lease or finance offers, consumers are foregoing this cash credit which will result in higher effective interest rates. Dealer may sell for less Offer may not be combined with certain other consumer incentives. GM Canada may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details. 1/*** Air levies included. Freight & PDI ($1,695/$1,600/$1,600/$1,600/$1,650/$1,650/$1,650/$1,650/$1,650/$1,650), registration, tire levies and OMVIC fees, insurance, licence, PPSA, dealer fees and applicable taxes not included in 20% offers. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 KMs, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details